

DR YEOMAN  
ON  
DEBILITY & IRRITABILITY



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# DEBILITY AND IRRITABILITY

INDUCED BY

## SPERMATORRHŒA;

THE SYMPTOMS, EFFECTS, AND RATIONAL  
TREATMENT.

BY

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GENERAL POST-OFFICE LETTER-CARRIERS'  
PROVIDENT INSTITUTION.

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"On commence à reconnoître au jour d'hui que la  
médecine et la morale sont deux branches de la même  
science, qui, reunies composent la science de l'homme."

CABANIS.

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*Fourth Edition.*

LONDON:

EFFINGHAM WILSON, 11, ROYAL EXCHANGE,

—  
1857.

22169

LONDON :

ADAMS AND GEE, PRINTERS, MIDDLE STREET,  
WEST SMITHFIELD.

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# ANNOUNCEMENT

TO

## FOURTH EDITION.



A BOOK that has reached a Fourth Edition scarcely demands a renewed introduction.

It would, however, be ungracious, did I not acknowledge the favourable reception this work has received—alike from my professional brethren, as from the public generally. For the many confidences it has obtained me from those who, having been my readers, became my patients, I am deeply grateful.

In consequence of sordid and vile pretenders having claimed generative derangements a *specialité* for their unholy enrichment—in consequence of many of our best and most able practitioners having ignored Spermatorrhœa as a special and direct cause of much mental and bodily ailment,—it required some moral courage for a qualified physician and a gentleman to advance before his brethren, and front the ignorant, extorting creatures, who injure and dupe a too credulous community. To interfere with and interrupt their dirty work was at one time con-

sidered a sure way of soiling yourself. That such is not, in fact, the case, the fourth edition of this work testifies.

Since the first edition of this "little book" appeared, I have had considerably more than two thousand cases of Spermatorrhœa under my care; and it is not in a spirit of self-laudation that I deliberately state that, by the treatment indicated in the following pages, Spermatorrhœa, as a disease *per se*, has, in all, been permanently subdued, and the effects, of which it is the parent, arrested and removed.

Of the value of the local treatment by suppositories, I repeat my strong conviction: in theory it is correct, in practice it is efficient. The profession have adopted it; but—how often to the most glorious discovery is there this little ugly "but!"—an exhibitor of wax-work has objected to it! Of this person the able Editor of the "LANCET" writes in his journal, April 5, 1856, as follows:—

The pirate who seeks to lull the suspicions of the trading vessel is accustomed to lure her within his despoiling grasp by hoisting a friendly flag. A similar treacherous device is commonly resorted to by the other members of that unscrupulous craft which live upon illicit gains. The favourite flag of the charlatan is one in which the symbol of Science is quartered with that of Philanthropy. And a very successful lure it is, as quacks could testify if they would, and countless victims, too, if the simpletons had the courage to declare their folly to the world, by exposing the extent to which they had been robbed of money and health. But such moral courage is rare; and hence it is that the flag of false science and philanthropy will continue to entrap the foolish as long as there are adventurers to flaunt it in the wind.



For some years past; no newspaper reader can have failed to become familiar with an announcement intimating that an Anatomical Museum was open to the inspection of the curious, where the wondrous mechanism of the human frame might be studied in preparations and models, with the additional advantage of being illustrated by "scientific" lectures. A general and superficial knowledge of anatomy and physiology may, perhaps, be a desirable branch of popular education. It is more than doubtful whether a really instructive and useful knowledge of this subject is to be acquired by the cursory inspection of such a collection of specimens as that exhibited, albeit "demonstrated" by the parroquet lectures of a very voluble and self-sufficient gentleman, who officiates there as the high priest in expounding the arcana of Nature. But, in truth, it would be ridiculous to suppose that instruction is the object of this Museum. The preparations, models, and "lectures" are got up in such a fashion as to delude foolish young men into the belief that the whole purpose of man's creation is the performance of that animal function which he exercises in common with the vilest of brutes. Working with a finer and more cunning knowledge of the weakness of youth, the immorality of Holywell-street, that seeks to excite the prurient imagination of the young by the stealthy exhibition of obscene prints, figures, and books, is here outdone. The structure of the generative organs of both sexes is elaborately represented in specimens multiplied without end; the functions of these organs are studiously dilated upon; and when the ingenuous youth, the desponding hypochondriac, or the exhausted *roué*, has had his mind duly excited by gazing upon the waxy charms of "a magnificent full-length model of a VENUS, from one of the most eminent of the ancient masters," and sufficiently bewildered by the lectures, and "many important additions to the scientific department," he is mysteriously inducted from quack-physiology to quack-pathology. He is admitted into an inner chamber of horrors. Here the victim gazes in terrified interest upon a collection of models most revolting, filthy, and disgusting. And lest there should be any chance of these collections of models, anatomical and pathological, failing to sufficiently arouse the alarm of the gaping spectator, lest his virile powers should be lost, or lest latent and hitherto unsuspected disease should ere long break out into some of the horrible forms which have excited his imagination, he is presented, gratis, with a work bearing for the title "The Shoals and Quicksands of Youth," which he may study at leisure, and by the aid of which he may become gradually impressed with the conviction that he is a prey to the most terrible and destructive disease, "the results of which are horrible beyond description," from which there is no prospect of safety but in the mysterious science of that extraordinary man

who "has devoted the greater part of his life to the investigating and treating these disorders;" who tells him, in fearful italics, that affections of this nature "constitute the great majority, perhaps nine-tenths, of the causes of nervousness, mental imbecility, and derangement;" who assures him that medical men in this country are utterly and disgracefully ignorant of the existence, nature, and cure of these formidable complaints; and who, in constant egotistic strain throughout, repeats that he can restore him to his place in society—can rescue him from physical impotency and mental annihilation.

That there may be no possible mistake as to the object of this Museum, the reader is carefully informed, in an appendix of "Special Instructions for Invalids," "that he may pass at once into the Private Consulting Rooms up-stairs; or he may obtain advice by letter, by forwarding a fee of one guinea; or a box of 'remedies' may be forwarded to any part of the world for a ten-pound note." Generous philanthropist! How thankful ought we Englishmen to be that Germany has spared us such a man! Without him, to what abyss of physical and mental debasement should we not sink! Society ravaged, we are told, by diseases, the destructive consequences of which are unknown, with a medical profession grossly ignorant of their pathology and frequency, and with "a Pharmacopœia so limited" that successful treatment were impossible, even if the knowledge existed to direct it!

For some time we have with unaffected loathing shrunk from the disgusting task of disclosing the true nature of this now notorious "Museum." Indeed it was not till lately that we had become fully aware of the monstrous evils to society which such an exhibition may be made the means of inflicting. Some years ago, before it had assumed its present development, before it had been made subservient to its present purposes, we had, on visiting the collection, been pleased with some models, which, although defective in some points of anatomical accuracy, were yet executed with considerable ingenuity; we had even expressed a qualified approbation of some of the contents of this collection, and recommended our professional brethren to pay it a visit. But now, indeed, it is quite time that the real objects of the exhibition should be unmasked, and we can no longer evade the plain duty before us, howsoever repulsive may be the task of dwelling upon such topics.

There are now many respectable journals that exclude the foul advertisements of the "Secret Diseases" gang. It must surely be a matter worthy of consideration whether it be not an equally questionable proceeding to admit advertisements expressly designed to introduce disgusting works, such as the one we have been obliged to refer to,—exhibitions of doubtful moral tendency, and objects

identically the same with those professed in the advertisements which it is the custom of all respectable journals to reject. It is a question that loudly calls for the earnest attention of the authorities, whether the legal enactments which empower them to suppress offences against public morality may not be applied.

If it be considered desirable that the youth of this country should have the opportunity of witnessing and of studying collections of anatomical preparations and models, there is the magnificent Museum of JOHN HUNTER, at the College of Surgeons, and various others attached to the hospitals of this metropolis, far surpassing in real interest and instructiveness anything that a private speculator can hope to bring together. Let no one be deceived by the silly notion that the German syphilophobic show-room exhibits any true representations of Nature that are not matched or surpassed by our national collections. The Museum of the College of Surgeons, and those of Guy's, St. Bartholomew's, and St. George's, are the admiration of all foreign medical practitioners. In the formation of anatomical and pathological museums the Germans have more to learn from us than we from them. In its prominent features the exhibition to which we have referred is, indeed, a novelty; but it is precisely in those prominent features that we see cause for unqualified disgust and condemnation.

A scientific opinion enunciated by a person such as is referred to in the foregoing article must be taken for what it is worth.

I repeat here, what I have already stated in the text, that I do not advocate the indiscriminate use of suppositories; and I may add—in consequence of many applications made to me by those who wish to employ them on their own responsibility, from a conviction that such mode of treatment is at once rational and curative—I supply them to those alone whose cases are under my own supervision. I do not admit the ability of any individual to judge whether in his own case they would be beneficial or useless. I advocate their employment

as a scientific remedy, not as a commercial speculation. I do not *sell* them. I am jealous of the reputation this mode of treatment has acquired, and will not risk its failure in other than professional and competent hands.

It may be as well here to say, that I practise solely as a physician, not as an apothecary; I keep neither drop nor grain of any drug in my house; I do not furnish my patients with medicines, but with prescriptions, which may be prepared by any respectable and qualified dispensing chemist. I have no nostrums, not any private remedies; the legitimate *Materia Medica* of the Colleges of Physicians in London, Edinburgh, and Dublin, contain all that can be required in the healing art.

I have had ample opportunity of estimating the facility, the safety, and efficiency of conducting cases by correspondence; if the patient will carefully reply to the schedule of questions which I forward to him, he can place himself, his past and his present condition, satisfactorily before me. During the last few years I have directed the treatment of patients resident at Canton, Madras, River Gambia, the coast of the Mediterranean, and in almost every European state, in addition to many, many others scattered in different and remote corners of the United Kingdom.

A word on cauterization. I have already expressed my reprehension of this dangerous practice, which is

now, happily, being exploded. On the day, however, on which I write this, I was consulted by a young man, a druggist's assistant, who, four months previous, was cauterized by a qualified and clever practitioner. His appearance is now most distressing: he is a complete living skeleton; his age twenty-four, his stature five feet eight inches, his weight less than eight stone! He told me he had heard so much in favour of cauterization that he willingly submitted to it, although aware of the pain he might endure. The operation was performed; his agony was extreme; for four days he was unable to sit down; fever was induced, hectic commenced, he emaciated; the emissions continued as frequent as before; he had pain around the neck of the bladder, he was void of all erectile power, his spirits were depressed, his mind tottering. Tears—not the tears of remorse so often observed in spermatorrhœal cases, but tears impelled by the conviction that he had knowingly permitted an injury to be inflicted on himself, to the jeopardy of his life—choked him whilst describing his past sufferings and his future hopelessness.

In conclusion, I would caution invalids, let their disorder be what it may, to place faith only in the strictly qualified medical man; and such are to be found in every village, in every street in the kingdom. The "MEDICAL DIRECTORY" contains the names of all who are educated and legal practi-

tioners: one may be more able to treat some special disorder or disease than his neighbour, but at the hands of each I am confident that the suffering invalid will obtain honourable and considerate treatment. Let him shun all advertising boasters; let him avoid all empirical advertised nostrums, all so-called "patent medicines"—nostrums "protected" by a Stamp! A *malison* on the Government that protects the Empiric and the Quack to the injury of the People!

25, LLOYD SQUARE,  
LONDON.

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## PREFACE TO THE FIRST EDITION.

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My attention was first attracted to the peculiar infirmities treated of in this volume in the year 1829. A valued friend and fellow-student made me the confidant of his sorrow and its cause, and I became the medium of communication between him and one of our most esteemed teachers at the Medical School of the London Hospital. In the year 1844, I published a treatise on *Spermatorrhœa*, &c., which in six months ran through two editions of one thousand copies each : the book in question was introduced by the following notice:—“ Despite the array of publications on the disease treated of in this little work, the author has ventured to print for the following reasons:—First, a practical knowledge of the subject, founded on observation since the year 1829; three years of which were passed at one of the largest metropolitan hospitals; at the Hotel Dieu, Paris; at



the Lock Hospital, Glasgow ; amongst the soldiers of the British Auxiliary Legion in Spain ; and in the extremes of climate in the Northern and Southern States of America."

In 1845, I became connected with a London Journal possessing the largest circulation ever attained by the weekly press, with one exception ; to that publication I contributed every week, for a period of three years, an article on Popular Medicine, and conducted the column "Answers to Correspondents." This opened to me an extensive field of observation, and I was pained to find so much self-caused misery existing amongst our fellow-creatures, and so much ignorance and extortion practised by the vampires who pollute the newspapers of the day with their disgusting advertisements.

In 1850, I projected "THE PEOPLE'S MEDICAL JOURNAL, AND FAMILY PHYSICIAN," which was thus announced :—

"The purpose of this periodical is to diffuse popular knowledge on the laws of Health and Disease ; to instruct how the one may be preserved, the other removed ; to improve the sanitary condition, and add to the well-being of the industrious classes ; to afford competent and legitimate advice



to the invalid; to spare his purse, and lessen the unjust gains of the extorting quack and the advertising pill-vendor."

For nineteen months I edited and wrote all the original articles in the Journal, which acquired a circulation of 11,000 per week. In the autumn of 1851, I was compelled to relinquish this labour and anxiety by ill-health, which necessitated a short relaxation from study and practice. Soon after the commencement of the Medical Journal, I was inundated with letters seeking advice for the affliction now under consideration, but as mine was a FAMILY JOURNAL, I could not introduce such topics into its pages; I therefore published a small pamphlet entitled "The Diseases of Error," with this preface: "It is with much reluctance I publish this little book. My position, however, as Editor of the 'People's Medical Journal,' renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of empirics who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily

receipt of letters addressed to me in my editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service,' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant charlatans."

This work was stereotyped, and I am unable to say, within one or two thousand, how many copies have been printed; but I am certain I speak within the limit, when I say that at least 17,000 copies are in the hands of the public.

I have thought it necessary very briefly to state my opportunities of observing all the phases of mental and bodily disease which Spermatorrhœa is capable of inducing: my professional reputation renders it unnecessary—had I the vain desire—to descant on the success of my practice; but I must be permitted to add, that each day's experience confirms the value of the treatment detailed in the following pages.

25, LLOYD SQUARE, LONDON.

*January, 1854.*

# CONTENTS.

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	PAGE
DESCRIPTION OF SPERMATORRHOEA ... ..	1
THE GENERAL SYMPTOMS ... ..	6
THE MENTAL SYMPTOMS ... ..	13
THE LOCAL SYMPTOMS ... ..	17
CASES ... ..	20
ANATOMY AND PHYSIOLOGY OF GENERATIVE AND URINARY ORGANS ... ..	} 48
THE EFFECTS ... ..	28
MARASMUS, OR WASTING ... ..	28
CONSUMPTION ... ..	32
ASTHMA ... ..	35
PALPITATION AND HEART DISEASE ... ..	35
CHOREA, OR ST. VITUS'S DANCE ... ..	39
PARALYSIS, PALSY ... ..	39
PARAPLEGIA ... ..	40
MENTAL DEPRESSION ... ..	42
NERVOUS DEAFNESS ... ..	47
DEFECTIVE VISION ... ..	48
DIABETES ... ..	53
IRRITABLE BLADDER ... ..	57
INCONTINENCE OF URINE ... ..	58
ENLARGED PROSTATE ... ..	59
VARICOCELE ... ..	63
ORCHITIS ... ..	67
IRRITABLE TESTICLE ... ..	67
WASTING OF SEXUAL ORGANS ... ..	68
IMPOTENCE ... ..	70
EMPIRICS AND IRREGULAR PRACTITIONERS ..	77
THE TREATMENT OF SPERMATORRHOEA ... ..	81
SUPPOSITORIES ... ..	83
GLOSSARY ... ..	95



ON  
SPERMATORRHŒA,  
ETC.

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THAT constant sympathy which exists between the various organs of the human frame is evinced in the greatest degree when those of reproduction are implicated. We all know that a disordered stomach entails a sick-headache; it will be presently demonstrated that when the generative system is debilitated or irritated the whole organisation, physical and mental, is outraged; the balance which maintains health is overpoised, functional derangement supersedes harmonious action, the body is no longer properly and adequately nutrified, and disease of body, disease of mind, embitters and shortens life.

The derangement capable of inducing so much evil is named *Spermatorrhœa*; by which is meant an unnatural discharge of the seminal fluid, for the most part profuse and involuntary, sometimes occurring in the day as well as at night, occasionally passing away without the patient being conscious of its escape, but more frequently whilst under the excitement of lascivious dreams or ideas. This complaint is recognised also by the terms *Pollutions*, *Involuntary Emissions*, and *Seminal Weakness*.

Spermatorrhœa may have its origin in many and various causes: in some instances it is a constitutional peculiarity independent of all controllable circumstances; it may follow injuries to the brain, especially to the cerebellum, and to the spinal marrow; it may result from disease of the prostate gland; it is the penalty paid for excessive venery; it is an occasional result of neglected gonorrhœa; it is not an unfrequent symptom of *ascarides*, or small thread-worms, lodging in the rectum or lower gut; it may result from *balanitis*, an inflammation attacking the small sebaceous glands which surround the glans penis, and secrete a white, cheese-like, irritating matter; and it may accompany general and great debility of the whole system. I am constrained, however, to add, that the most common cause of this enervating complaint has its origin in ERROR.

The feelings which most excite the physician, whilst referring to this chief cause, are those of pain and hope,—pain, on account of the necessity for his advice and admonition; hope, that he may remove the delusion under which the infatuated victims of this vice labour. That the error referred to is a vice, a pernicious vice, which calls alike for the reprobation of the moralist as well as the physician, cannot be denied; it is an offence in the eye of our Creator—"And the thing which he did displeased the Lord, wherefore he slew him" (Gen. xxxviii. 10). Alas, that the indulgence of this infatuation is, without doubt, the foundation of diseases which have hurried thousands upon thousands of our fellow-creatures to a premature grave, and supplied our lunatic asylums with a large proportion of their unfortunate inmates. To prove that I am not exaggerating its dire and fatal effects, we have only to observe the state of population in those countries where sensuality reigns

uncontrolled by education or morality: look at the Mussulman empire, vast in extent, fertile in all its productions, but one of the most thinly populated countries in the world. The following is an extract from a letter of "our own correspondent" to the *Times*, which appeared in that paper, July 20, 1842 :—

"The diminution of the Mussulman population in Asia Minor is alarming. Between Tockat and Broussa I found villages almost entirely abandoned by the inhabitants, in consequence of the severity with which the recruiting for the Nizram, the Turkish regular troops, is conducted in this part of the country. It would be an interesting study to seek out all the causes which contribute to the dreadful mortality which prevails amongst the young Turkish soldiers. The food which is distributed to the garrisons is of sufficiently good quality, and contagious maladies have been unknown to Turkey in Europe during the last five years. Some European physicians are of opinion that these young soldiers, not being married, like the ancient Janissaries, abandon themselves to infamous vices, and so destroy their constitution. But whatever may be the cause of this mortality, the consequence is the ever-increasing weakness of the Turkish empire. The fact is nowhere more perceptible than in the interior of Asia Minor, whence the great number of conscripts are drawn to Constantinople. At present several extensive villages are to be seen in Anatolia, from which all the young men have been withdrawn. This remarkable circumstance has not escaped the Kourds, who from the tops of their mountains regard with profound attention the decay of the Ottoman Empire."

To bring the case nearer home, let us watch the emaciated and care-worn features, the attenuated form of hundreds of young persons whom we daily pass in the

streets of this metropolis; look around the circle of our own acquaintance; do we know no one who appears to suffer from acute and malignant disease, who is sinking day by day before our eyes, without any decided or acknowledged complaint? Do we know none whose once joyous laugh is exchanged for sadness and corroding melancholy? and yet we, and more immediate friends, may be ignorant of the real "worm i' th' bud." Oh, yes! every person who may read this, can call to his recollection too many such cases; and the cause—the remote, if not the proximate cause of this change, this early hastening to dissolution, in eighteen cases out of twenty—is the practice to which I now allude.

M. Lallemand, of Montpellier, who has written extensively on this infirmity, and with whose observations I entirely agree, with the important exception that I object to the treatment he adopts, as will hereafter be explained, says:—"These patients soon become ill, their most intimate friends are ignorant of the cause of the various disorders they complain of, the medical man who possesses their confidence is not better informed, for even the patients entertain no suspicion of the real nature of their complaint. Hence their indisposition is set down to ennui, tendency to melancholy, or to hypochondriasis. When their disease assumes a more serious aspect, then the constitution is said to be delicate, impressionable, or unhealthy; and they are looked upon as *malades imaginaires*. They are reproached with too much care of themselves, or an over-fondness for medicine. Medical men in extensive practice tire of hearing the tale of so long a series of unintelligible and inexplicable maladies, and rid themselves of such patients by recommending them to travel, or a change of air.



Charlatans plunder them; officious friends advise marriage or some sort of occupation to fill up the void in their existence; but all blame them, because none really comprehend the nature of their disorder. Unfit for any serious occupation, and incapable of deep reflection, they become dissatisfied with themselves, and still more so with others. Absorbed in one sole thought, they return incessantly to themselves to seek for the cause of their lamentable condition, and soon become misanthropical."

I would fain avoid detailing any minutiae of this cause of Spermatorrhœa, which are not absolutely necessary for the thorough comprehension of its injurious effects. I must, however, add that it is a habit frequently acquired by imitation; that it is a habit which increases upon its unfortunate pursuers with awful rapidity; it is a habit which subdues the reason, and seeks at all risks every opportunity for gratification; it is a habit which, although capable of exhausting the system for the fulfilment of its purpose, is never satiated; and, when all the possible means for affording sensation fail, the invention is taxed to procure *impossible* means, even to mutilation, as recorded by Richerand. How necessary is it to check, to smother the earliest approach of this insidious and devouring passion!

Many cases which have come under my own treatment have been referred by the patients to religious feeling, which induced them to shun fornication as a vice, to fly to masturbation as a less evil alternative; others have contracted the habit from the dread of acquiring those infectious diseases which result from promiscuous intercourse—proving

"How oft the fear of ill to ill betrays."

I am compelled to say it is while at school that a large

majority receive their first evil lesson; one vicious boy may thus spread the contagion of his indiscretion amongst his companions, and cast a blight upon the otherwise bright future of their lives.

“Half the tendencies of our nature pass into habits only from the facilities which encourage their development;” and habits once acquired, whether amiable or vicious, become so readily a part of our existence, that a heavy responsibility is attached to those who have it in their power to remove, or to diminish the facilities for the commission of evil, and neglect doing so; let us remember, “*ce n’est que le premier pas qui coute*,”—the first step is the only difficulty.

### THE SYMPTOMS.

The GENERAL SYMPTOMS resulting from Spermatorrhœa are those which denote the presence of ordinary disease, aggravated in degree; but these symptoms will not yield to the ordinary treatment: and for this reason; the remedies which would subdue, in the otherwise healthy subject, an attack of indigestion originating in irregularity in diet and neglect of the evacuations, may be relieved by gentle purgation, antacids, tonics, &c., and the probability of a return of the complaint would be in proportion to the attention paid to the stomach and bowels. In Spermatorrhœa we cannot expect this. The stomach and organs of digestion, sympathising with and influenced by the depressed and vitiated state of the whole nervous system, are unable to assume a healthy tone; the remote cause still exists; and so long as the pollutions continue, so long as the frame is weakened by the exhaustive drains, so long will the dyspeptic symptoms continue and increase. In like manner are disorders of the head, lungs, or heart influenced and their

peculiar symptoms aggravated; and until the Spermatorrhœa be restrained, and the irregular and debilitated condition of the nervous system is corrected, the chest or heart-disease will advance uncontrolled by ordinary treatment. It has been correctly remarked that there is not a single function in the animal economy which may not be disordered by long-continued involuntary seminal discharges.

Independent of common diseases being excited and aggravated, there are symptoms and dangerous effects which are the offspring alone of Spermatorrhœa.

In my research for the earliest authorities who have noticed the enervating influence of profuse seminal discharges, I find Hippocrates, who flourished 360 B.C., says, "Dorsal consumption arises from the medulla; it affects chiefly newly-married people and libertines. They are free from fever, and eat well; but they lose flesh. If you question them, they say they feel a sensation as of ants descending from the head along the back. When they pass water, or go to stool, they pass much fluid semen, and generation does not take place. They have discharges during their dreams, whether they sleep with a female or not. On walking or running, especially if ascending, they experience suffocation, debility, weight in the head, and noise in the ears."

Celsus writes in the following terms: "There is also a disorder affecting the private parts, too great a flow of semen, which so occurs without venery, without nocturnal dreams, that after a time it may consume a man with *tabes*."

Areteus says, "The semen flows away, nor is it capable of being suppressed even during sleep; whether the man be asleep or awake, the discharge is kept up; nor is there any sensation of it." Further on he ele-

gantly and correctly describes the effects of the disease on young men, whom, he states, "it makes to become of senile appearance, slothful, enfeebled, timid, dull, silent, imbecile, wrinkled, inactive, pale, whitish, effeminate, chilly, averse to food, with heaviness in the limbs and torpor of the legs, impotent, and languid in all things."

The first symptom that attracts the attention of the observant physician is the peculiar expression of the countenance, an expression of care and age not induced by any other disorder: the face is attenuated, frequently studded with small black spots (*acne*), or with unhealthy pimples or blotches, improperly called "scorbutic eruptions;" the complexion is of a cadaverous sallowness, or "whitey-brown" colour; the eyes sparkle with restless anxiety, or droop dull and heavy, and are sometimes surrounded by a dark areola, or blue-black ring. The nose is drawn up, or "pinched" and acute; the hair grows weakly and is constantly falling. The whole body is in keeping with the face; the limbs are slender, the frame no longer erect, the gait is faltering and unsteady, a peculiar stoop and drag in the step tells of the great debility and total want of muscular power, and the hands and eye-lids are affected with partial tremors, which may eventually terminate in paralysis.

In some rare cases, however, the features and complexion undergo no change; in others, indeed, they bear the appearance of rude health. A patient (875)\* writes thus: "My age will be 45 in March; and, much to my surprise, instead of wasting, I am getting stouter than I have been for some time. Astonishing! after the course pursued for such a number of years."

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\* The figures prefixed to quotations refer to the number in my private Case-book.

The voice is materially affected in those who have enthralled themselves at an early age ; it is weak, squeaking and effeminate, resembling in a disagreeable degree that of emasculated persons. Hesitation in speech, amounting to stammering, is a constant annoyance of which patients complain.

The habits, to a certain extent, lose their manly character ; a distaste is experienced for society, especially that of females ; and the unhappy sufferer moves about spiritless,—hopeless, or seeks for quiet and solitude in his own chamber, there to brood and nurse his melancholy.

The nervous system is in all cases first affected, and through this medium the vital organs themselves become diseased, and their functions deranged.

INDIGESTION, therefore, is one of the earliest symptoms, the prominent signs of which generally appear in the following order:—Shortly after eating, pain, or uneasiness and oppression, is felt in the stomach and its immediate neighbourhood ; there is considerable flatulence, as though the body, particularly that part known as the pit of the stomach, was distended with liquid or wind, which creates a continual “rumbling” in the bowels and frequent eructations, which are acid and burning (heart-burn); sometimes there is sickness, always nausea ; the tongue is either clammy and unnaturally soft, or is parched and coated with a white fur ; pain in the head, giddiness, and confusion, soon supervene, attended with disturbance around the eyes, either amounting to actual pain, or to intolerance of light and impaired vision ; the patient is overcome with weariness and lassitude, and disinclined for the least exertion, which increases the discomfort that now pervades the whole frame. In some cases the symptoms are most distressing when the stomach

is empty; we then notice that the appetite is capricious, sometimes craving for the most uncommon, perhaps, unwholesome articles of food; the uneasiness and weight at the stomach is oppressive and sickening; flatulence is excessive, and the eructations are acrid, and accompanied with a flow of an insipid limpid fluid, like clear saliva (pyrosis); a frequent and sudden pain, not unlike a spasm, is experienced in the stomach and abdomen, which may become so severe as to simulate gout.

In other cases there is a continual burning or gnawing, which is intolerable, causing a sensation as though the coats of the stomach were nipped, or twisted, or ground together; a feeling of sinking and exhaustion prostrates alike the mind and the body; the thirst is constant; the tongue parched and dry; the lips burning; a bitter or sour disagreeable taste cloyes the mouth; the breath is offensive; the skin is hot and harsh, and there is more or less general fever.

The APPETITE is fickle without the usual relish of food; the patient frequently imagines he can eat all that may be set before him, and immediately he sees the food prepared, he turns away sickened, but not satisfied; others sit down daily to their meals, more as a matter of custom than from any desire to eat, and although they may manage to play tolerably well their part, it is without that enjoyment which is the best sauce and the greatest promoter of digestion. In some the appetite is voracious, and more food is swallowed than can be properly digested, even by a sound stomach: this may arise from the necessity the system feels of compensating the daily losses it sustains by the constant emission of the seminal secretion. Again, others are dainty, and have an inclination to eat, but only of the most delicate and savoury dishes. Frequently there is no appetite what-



ever, and the mere idea of eating aggravates the existing discomfort.

The BOWELS are irregular, and the evacuations deranged and unhealthy; in many instances they are bound for three or four days, and then relaxed for some time without the aid of medicine; when this happens, there is generally some pain or griping, as well as irritation, bearing down, or burning at the lower part of the body; if from other causes, there exists a predisposition for hæmorrhoids (piles), they also become painful and troublesome.

Derangement of the LIVER generally accompanies all cases of indigestion, particularly those dependent on Spermatorrhœa: *cogit amare jecur*. In some instances, the seat of disturbance is referred to the right side, which is painful, especially on the least pressure; the patient experiences a difficulty in sleeping on that side, in consequence of a dragging or tearing pain; sometimes the evacuations are deficient in the quantity of bile, and in others there is an excess in those secretions as well as in the stomach, which induces a twisting or nipping pain and vomiting.

HEADACHE is seldom absent; the pain is, in some cases, violent and throbbing—in others it is dull and oppressive, as though a weight was pressing on the skull, the eyes ache, and feel as if protruding from the orbits, and the least touch with the finger to the ball of the eye affords exquisite pain; the sight becomes affected, either by a mist or spots floating before the eyes, or by a confusion of objects; reading aggravates not only the disturbance in the eyes, but also the pain in the head.

PALPITATION OF THE HEART is one of the most distressing and frequent symptoms; it is alarming not only to the patient, but also to his friends, who imagine that

all the pain, fluttering, and anxiety, originate in disease of the heart itself, whilst, fortunately, it may only be a functional derangement caused by sympathy with a perfectly curable complaint. In some persons the least exertion, as going up stairs, walking fast, or stooping, brings on a fluttering; and any sudden surprise, even being called by name, a door "slammed" violently, a postman's knock, instantly causes that oppressive sensation popularly known as "the heart leaping into the mouth." When there is increased or irregular action of the heart, the whole frame sympathises with the unnatural condition; the pulse is quick, weak and intermitting; the temperature of the skin is changeable, at one time being hot and dry, at another, covered with a clammy disagreeable moisture, and then again suffused with a burning heat, or flushes: severe chills or rigors are far from being uncommon, and the feet and palms of the hands are either hot, or bedewed with a damp unhealthy perspiration. When palpitation is constant, it is attended with pain at the left side, seldom acute, but always "gnawing" and exhausting: involuntary sighing is also an occasional symptom in such cases.

COUGH and difficulty of breathing are urgent symptoms, which may be mistaken for actual disease in the lungs, when they are in reality only sympathetic derangements. We invariably find that there is more or less tightness or constriction across the chest; sometimes pain on inspiration, and always a consciousness of breathing, which is not compatible with health. From the irritation thus excited, a tickling is induced in the windpipe, which gives rise to a frequent and distressing cough, either dry, or accompanied by an increased expectoration of mucus.

The SLEEP is always troubled and unrefreshing; it



frequently happens that a continued restlessness and wakefulness entirely banishes the "sweet restorer," or it comes only at intervals, and is disturbed with frightful dreams, or the night-mare, so that the patient awakes in the morning scarcely refreshed, indeed almost as fatigued as when he retired to bed. In other cases there is a constant drowsiness and lethargy, so much so as to induce the patient to drop into a stupor or dose the moment he is seated.

EXERCISE, which before could be undertaken without the least annoyance, now becomes painful and fatiguing; the limbs ache; the knees and ankles tremble, and there is a general deficiency of that natural energy which the daily avocations of busy life constantly require.

THE MENTAL SYMPTOMS.—The earliest indication of the injurious effect which the irritated and exhausted nervous system exerts over the mental faculties, is *confusion of thought, inability to concentrate the ideas*, or to "manage the mind:" thus the unfortunate victim of pollution cannot, however important to his well-being, or to his interest, give his entire attention to *one* subject, whether of business or other occupation; strange ideas running rapidly one to another, disturb and drive away the original thought, and leave him in confusion and bewilderment. I have had patients, students, and literary men, as well as persons engaged in commercial pursuits, requiring a clear and proper exercise of the mind and judgment, who complained bitterly and most anxiously of this distressing attendant on their other symptoms. Of all the phases which this malady assumes, none is more frequent than that condition which brings with it an inaptitude for business, and inability to perform those duties which the social position of the in-

dividual demands. He complains of listlessness, or constant languor, which prevents him following his employment without the greatest fatigue and distaste; he takes no interest in his daily labour, which he performs as a task—truly a most irksome one.

The MEMORY is treacherous and not to be depended on, affairs of consequence are forgotten and neglected, and the future prospects of a young man's career may be seriously injured by a charge of carelessness, which is, in fact, occasioned by his infirmity.

The TEMPER is irritable, sometimes quarrelsome and impatient of control; a sharp word will throw the patient into a paroxysm of passion; with the wish to retain the good opinion of his superiors, he yet cannot satisfactorily fulfil his duties; he is charged with indifference and neglect, when he ought to be pitied as an invalid; he allows younger, and perhaps less qualified men to be promoted over him, and under bodily and mental suffering he is deprived of the very means of subsistence.

The IMAGINATION is readily excited or depressed,—the latter more frequently occurs; a dread of some impending evil, probably without any adequate cause, is continually harassing the patient; he is “low-spirited” and “nervous;” the mind becomes clouded by the apprehension of a calamity which may mar his worldly prospects, or shorten his existence; the ordinary events of life assume a gloomy character; he desponds; he becomes melancholy, and the end may be loss of reason.

Burton, in his glorious work, “The Anatomy of Melancholy,” has so well described this state of mind, that I offer no excuse for quoting it *verbatim*:—“They are soon tired with all things: they will now tarry, now be gone; now in bed, they will rise; now up, then gr

to bed; now pleased, then again displeased; now they like, by-and-bye dislike all, weary of all, discontented, disquieted; upon every light occasion, or no occasion, object; often tempted to make away with themselves; they cannot die, they will not live. They complain, weep, lament, and think they lead a most miserable life; never was any man so bad. Every poor man they see is most fortunate in respect of them; every beggar that comes to the door is happier than they are; jealousy and suspicion are common symptoms; they are testy, pettish, peevish, distrustful, and apt to mistake, and ready to snarl upon every occasion, and without any cause, with their dearest friends. If they speak in jest, he takes it in good earnest; if the smallest ceremony be accidentally omitted, he is wounded to the quick. Every tale, discourse, whisper, or gesture he applies to himself; or if the conversation be openly addressed to him, he is ready to misconstrue every word, and cannot endure that any man should look stedfastly at him, laugh, point the finger, cough or sneeze. Every question or movement works upon him, and is misinterpreted, and makes him alternately turn pale and red, and even sweat with distrust, fear, or anger."

The unhappy victim of all these mental sufferings should ever be the object of compassion, rather than be derided for what some are pleased to call "weakness." How frequently do we hear some insensible, thick-skinned creature exclaim,—“Why, how is it possible you can let such a *little thing* trouble you?” Will he reflect, and learn with what eagerness his low-spirited friend would prevent this “little thing,” whatever it may be, annoying him *if he could*; the inability to do so is his disease, not his inclination.

Thus is the entire nervous system irritated, and the

vital organs diseased, or, by sympathy, their functions deranged. The mind is continually harassed; the nights are passed in restlessness, the days in languor; the powers of nutrition are unable to supply the demands for the support of the body, and the sufferer is reduced to extreme weakness; the heart palpitates with violence, causing anxiety and distress; the action of the small blood-vessels on the surface of the body is impeded, and the skin, especially that of the hands, is cold and clammy, sometimes the entire surface is bedewed with an unwholesome, sour, or offensive-smelling perspiration; the natural play of the lungs is obstructed, and respiration difficult; the stomach is irritable, and digestion imperfect; the eye is weakened, and vision indistinct. The muscular system is not exempt from the prevailing evil; pain is sometimes felt in the extremities, and almost constantly around the loins; trifling exercise causes excessive fatigue, and the unhappy sufferer gradually loses strength, wastes, and sinks.

I would, with all delicacy, intimate that these observations are, unfortunately, applicable to both sexes; and I would rather a woman should in her own words acknowledge that such is the case, than venture to proclaim such an evil on my own authority. Mrs. Gove, an American lady, who practises as a physician! in Boston, U. S., says, in her "Lectures to Ladies on Anatomy and Physiology,"—"About eight years since, my mind was awakened to examine this subject by the perusal of a medical work that described the effects of this vice when practised by females. This was the first intimation I had that the vice existed among our sex. Since that time I have had much evidence that it is fearfully common amongst them.

There is reason to believe that, in nine cases out of ten, those unhappy females who are tenants of houses of ill-fame have been victims of this vice in the first place. Were this the particular vice of the low and vulgar, there might be more excuse for the apathy and false delicacy that pervade the community respecting it. But it invades all ranks. Professed Christians are among its victims. Our boarding and day schools are sources of untold mischief." Mr. Fowler, of Philadelphia, adds: "They may be less infected, yet women, young and modest, are dying by thousands of consumption, of female complaints, of nervous or spinal affections, of general debility, and of other ostensible complaints innumerable, and some of insanity, caused solely by this practice."

THE LOCAL SYMPTOMS, are frequently distressing; the patient at one time is tortured with continual erections, producing that state known as "priapism," which he cannot subdue; there is a constant irritation in the urethra as though the secretion was oozing or trickling along the passage; this produces the most exhausting prostration and fatigue, which may continue for hours, or even days. A dull, heavy, aching pain is felt in the testicles and along the spermatic cord, occasionally extending to the posterior part of the body; the fundamen-  
t is irritated, causing "tenesmus," with burning heat and itching. When priapism is not present, the penis and testicles hang soft, loose, and flabby, and are constantly bedewed with a clammy disagreeable perspiration,—in fact, they feel as if "in the way"—the irritation or pain is then less severe, but the repeated emissions and oozing, occurring in the day as well as at night, are not less exhausting; the urine passes in a

smaller stream, without force, and the desire to void it is frequent and urgent, each evacuation of the bowels and bladder being followed by an escape of the seminal fluid.

Tauvry, a French anatomist, in a work translated into English, and published in London, so long ago as the year 1701, amongst other questions, proposes the following:—"Why a debauchée voids drops of seed when he goes to stool, or makes water?" And he answers as follows—"The seminal vessels are much enlarged by frequent amours (and more so by acts of *error*), so that, upon the least constriction of the cisterns of the seed, there ensues an involuntary emission. Now when one goes to stool or makes water, the sphincters shorten themselves, and squeeze the parts to which they are knit." And really this explanation, although expressed in somewhat obsolete language, accurately describes the exact condition of the seminal vessels. Moreover, we always find that the discharge is more constant and profuse when the bowels are constipated, for the lower intestine, being then distended by the passing fæces, presses now upon the open mouths of the seminal vessels, and, as Tauvry says, "squeezes" the parts and compels an ejection.

A collection of imperfect semen is frequently to be observed around the lips of the urethra, in appearance and consistence resembling the white of an egg, which is capable of staining the linen; this impure fluid also passes away mixed with the urine, and sometimes deposits a thickened, curdled sediment in the utensil, or floats like a thread in the water.

In a large majority of cases the development of the organs of generation is arrested, and they are considerably shorn of their fair proportions; the penis is diminutive



and shrivelled, the testicles are small and shrunken, and the pubes devoid of that capillary covering with which nature surrounds the parts in health, so that the organs of a man of thirty sometimes appear more like those of a child of ten or twelve years, than of one who ought to be in the hey-day of manhood.

The organ necessarily becomes incapable of adapting itself to those offices for which it is destined, and unfitted for the purpose of procreation; the erectile tissue is debilitated, and even when desire should command its services, disturbed nature withholds ability. Hence incapacity, if not actual impotence, is the invariable consequence.

THE URINE is, for the most part, scanty, and voided in small quantity at short intervals; it is generally thick and turbid, depositing a sediment of brick-dust colour, or, as sometimes happens, of a flocculent or bran-like character. The examination of this fluid is always of great importance, and by that valuable adjuvant to all scientific research—the microscope—we are enabled to detect the presence of the spermatic secretion, and thus diagnose a cause of ill-health, which without such aid would scarcely be suspected.

In order to detect the presence in the urine of the *spermatozoa*, or minute animalcules, with which the seminal fluid abounds, it is necessary to examine the last few drops that are voided. A portion of linen that has been soiled by what may be termed, more truthfully than elegantly, “dribbling,” when placed under the microscope, will readily shew the presence of the seminal secretion; and we may observe the spermatozoa, when thus magnified, in the form of minute portions of thread, having a small pin-like termination at what may be supposed to be the head. When I have not an oppor-

tunity of examining the urine in a recent state, I forward to my patients an absorbent test-paper, which readily retains the secretion to be examined; and I have thus, in innumerable cases, detected their presence, after a lapse of six or eight days since they were emitted.

The symptoms are so varied, so opposite, so anomalous, that it is impossible to enumerate what may not be the result of Spermatorrhœa. I have a just abhorrence of publishing cases in which the individuality of the patient can be even guessed at, but I feel little hesitation in appending the following extracts from letters addressed to me as Editor of the "People's Medical Journal," as I am myself ignorant of the names of the writers. They are selected from some hundred-weight of correspondence, all bearing initials, or fictitious signatures,—they will illustrate the protean manner in which the system is capable of being influenced, and the health and peace infringed on :—

[35] "I am 29 years of age, and naturally of a strong constitution; never knew a day's illness until after manhood. At the age of 17, the habit of solitary indulgence was acquired, and continued at intervals for four or five years, without any apparent ill effects. At length what are called 'wet-dreams' came on: a sense and a shame of the sin then followed, and every endeavour has been made since to stop the involuntary evacuations; but in vain. They now occur every three or four days, sometimes daily, and invariably after a long walk, or exciting causes of any kind. Each occurrence is followed by dizziness, swimming of the senses, and a burning headache; occasionally devouring kinds of pains are



felt in the inside—around the liver and the loins, and a slight pain at the breast. I have constant fits of gloomy despondency, weakness of the lower limbs, a want of energy and determination to act. I have suffered these symptoms for five or six years, or more, in the hope that a cessation would take place, but in vain, for the case has become worse. If you can assist me, for mercy's sake do not withhold your aid."

[53] "My age is 22, and occupation that of a book-keeper: for the last six years I have been gradually getting worse. I experience the following symptoms in the extreme:—Impatience, irritability, irresolution, excitement, ennui, rambling thoughts, fear, weakness, recklessness, &c., &c.; in consequence of which I have no interest in any thing, and cannot mix in society, as I feel the most disagreeable sensations in the presence of strangers, which renders life a misery."

[781] "I am frequently affected with a dull aching pain, as if proceeding from the neck of the bladder, with a frequent inclination to void urine, and then only in small quantities. I have occasional nocturnal emissions, causing a prostration of the parts, which are diminished in size, and for days after an emission, the most excruciating pain is felt before and after voiding urine."

[17] "I ascribe my bad health to self-abuse, which I had the misfortune to learn to practise at school, and though I have entirely given it up, I find my health has suffered by it. I at one time was much troubled with nocturnal emissions, but for some time they have not been so frequent—perhaps once in the course of three weeks, but I find that when I have intercourse with the female

sex, the emission is too quickly discharged. I am 35 years of age."

[413] "My health has greatly suffered from this ruinous practice: the symptoms under which I labour are as follow,—excessive debility, frequent discharges of semen, occasioned by the least bodily exertion, nervous trembling of the hands, which often disables me from using the pen—melancholy. I likewise suffer from a fixed heat in the lower part of the body, between the thighs, and a retention of urine, which has lately become of a very dark colour and of a very bad smell, it also seems to contain matter."

[63] "I continued —— for two years, or perhaps a little longer, without knowing the baneful effects it would produce, until one night I had been trying to have connexion with a female, but could not accomplish my object, on account of the parts being weak and languid. \* \* \* \* \* After making water, a sort of semen comes from me; I constantly feel a deadness of the private parts; the testicles move about in the scrotum as if in a state of agitation; the organ is small and shrivelled up. I can eat well, but feel very weak and nervous, and my breathings are short; I feel a weakness and coldness over the small of my back. \* \* \* \* \* If you can replace me in the lost scale of society, I shall be the happiest of men; for I can assure you it engrosses my whole thought, to think what a fiend I have been to destroy my health. I have been in this state seventeen or eighteen years."

[563] "In my temper I am peevish and discontented; I am languid and powerless; my appetite is

sharp; a dizziness in my head completely stupifies me; I am very thin and weak in my person, my voice is often so weak that I cannot speak a plain word. Altogether I am miserable and unhappy."

[72] "The symptoms are pain in the back and loins, constantly furred tongue, weakness in the legs and feet, headache and dulness of sight, involuntary blushings, and often an unnatural heat pervades my whole frame, and then an icy chilliness follows; I have also profuse, unpleasant-smelling perspiration under the arm-pits and back part of my thighs, from the least work or walk. My genital organs are much smaller than they used to be."

[43] "Pains in the testicles and loins, a starchy discharge after each stool, neither ability nor desire to perform my duties as a married man. A constant beating at the pit of my stomach, with pain; a constant desire to make water. After stool, a burning as though a hot poker was in my fundament; a violent palpitation of my heart, with trembling; violent pains of my head, as though some one was squeezing my brain. A constant choking in my throat, very great weakness, with violent shivering fits, like cold water running about my inside. I feel as though all my inside was gone; I am sore all over me, as though I had been pinched; soreness of my chest; all my bones crack like breaking of sticks. \* \* \* Do you think my age will prevent my recovery, I am 47. Is there any change in man's constitution at this age, the same as in woman?"

[601] "I am a married man 37 years of age. When young, I fell into the snare which has been the ruin of

many—excessive indulgence—it has ended in what I am afraid is seminal weakness. The left testicle is very much relaxed, with dilated veins, and is in continual pain. I have little inclination for sexual intercourse, yet when at stool there is a constant discharge from the urethra.”

[97] “I contracted a bad habit in my youth, and am now feeling the effects of it most bitterly. I am 35 years of age, generally healthy, but subject to involuntary emissions, and the seminal fluid is continually passing away from me without any sensation. I have tried almost every thing, but I do not get any better. My mind is as bad as my body. I sometimes think I shall be sent to an asylum. I feel no pleasure in company at home or abroad. If I go into the society of females, the seminal fluid keeps oozing out of the urethra, so that life is almost a burthen to me.”

[91] “— Age now 36. In my youth I was given to self-abuse, which has brought on a great degree of weakness. I take my meals well, and enjoy them, but do not derive any nourishment from what I eat. I frequently want to void water in a hurried manner, and there is a dripping of water for some time after, and always a slight discharge of seminal fluid, on going to stool. I am very much troubled with wind on the stomach, and the head is a good deal affected, causing great drowsiness.”

[64] “I caught this habit during the latter part of my school-days, and from a minister’s son ; I was then about 14 years of age, and being naturally of a retired disposition, this filthy, stupid practice suited my (soon)

depraved taste. \* \* \* \* The chief features of my present state are weakness of the whole frame; I am tired by walking three or four miles. Great weakness of sight, accompanied with dimness. I am troubled with drowsiness in the middle of the day, especially if in-doors. \* \* \* \* And now for the last, and I fear the worst, part—it is the constant draining, which I am afraid has been carried on for years past, of the seminal fluid; though I have not been troubled with nightly pollutions that I am aware of, nevertheless I have constant emissions when at stool, and sometimes they leave me in a state as though I were fainting away. The other day I made water in a large tumbler, and after it settled, I could see a white mass hanging in the middle of the vessel like a bunch of grapes, though it was but thin. I am now 37.”

[861] “I contracted gonorrhœa two years and a half ago; a gleet was left behind, which, after a short time, left me. I have now, when urinating, a discharge of seminal fluid, which comes away with a tingling sensation, and when, as I suppose, I have emptied the bladder, there appears about a drop of what I conceive to be seminal fluid. I was never given to the practice of self-pollution, or I would say that to be the cause.”

[651] “\* \* \* \* \* About 18 months since I became convinced it was the cause of all my suffering, and since then I have refrained. I have involuntary emissions about twice a week; I am troubled daily with the backache, and very often with the headache, and always a singing noise in my ears. I am also very nervous and timid; I have a bad stomach and cold feet. I am 29 years old, and of slender make.”

[871] "I have been guilty, &c., &c., and I suffer, according to my judgment, from the effects of it. (I shall be plain in stating my condition.) What I suffer is this: when I accompany my wife, I cannot perform what nature requires, to my satisfaction; it is in a weak, frigid manner, not having sufficient erection—something like half erection—and sometimes, when I intend to do so, no erection at all. Indeed it is a grief to me to be in such a state. \* \* \* \* I have never had any disease, have only been guilty as above stated. I have always been very temperate in eating and drinking; am in good health, and about 45 years of age."

[59] "I am a young working man, age 22; of a quick, excitable temperament; my hair is of a yellowish grey colour; eyes, hazel; complexion, ruddy; stature, below the average. When about nineteen I fell, through example, into the baneful practice, &c., and continued it during two years and a half, when finding its enormity and direful consequences, I left it off. But I felt its effects. Being hereditarily inclined to asthmatic disease, I soon suffered from cough and expectoration of mucus matter, and also occasional palpitation of the heart, especially when lying down after getting into bed. I was also subject to frequent nocturnal emissions, which occurred every third or fourth night, leaving me in a most weakened condition. My cough is now most troublesome, and I am in a constant state of perspiration, even without any exertion. My heart beats and thumps so, that I am always shaking and trembling."

[763] "Have the kindness to say whether a case like the following is curable:—Seminal emissions twice and thrice a week; a very tremulous and irritable state

of the nerves ; dreadfully depressed spirits ; dizziness in the head, with confused ideas, subordinate very often to the unnatural excitement of my amative propensity ; looseness of the privates, and all the other concomitants. I am persuaded the country surgeons cannot manage a case like mine. I went to one some time since, and he almost drove me mad. If there is no cure for me, I intend to give up my present occupation of schoolmaster, and go into the neighbourhood of the sea, let my occupation there be what it may ; for if my present state of feeling continues, I may become an inmate of a lunatic asylum."

[516] "From my childhood I have been troubled with small thread-worms, which dreadfully irritate the lower intestines. To them I attribute many unpleasant and delicate symptoms : namely, a frequent tingling sensation at the point of the penis, and an oozing of what I suppose to be seminal fluid, which leaves me in a very debilitated state. I have tried many remedies without much success ; purging physic always makes me much worse."

[1051] "I am now about 19 years of age, and have been suffering for some time from great nervousness and debility, caused, I have no doubt, by indulging in a delusive practice which I discovered in an idle moment about six years ago, and have continued to practise till within six months of the present time. There is hardly a symptom described in your book\* which I have not felt. You may smile, but a few years ago I used to be considered good-looking, but this dreadful habit has

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\* The Diseases of Error.



changed my countenance to such a degree, that I hate to see my face in the glass. The least excitement or exertion throws a flush into my face, and causes violent palpitation of the heart; my tongue is furred when I awake in the morning, and my bowels are confined. But what torments me most, is the fear that I have locally injured myself; the left testicle hangs much lower than the other, and the veins are so much enlarged and hardened that they feel like a bunch of wires, or like small quills; they are all detached from the gland, and give me great pain."

[1014] "I am ashamed to address you on a subject that is as destructive to comfort as it is sinful. I am now 30 years of age; I was married seven years ago, and had a child by my wife, who died shortly after her confinement, and since that time I have been guilty of that beastly passion ———. I feel a dull pain in my back and right loin; the other symptoms are precisely as stated in your small work:—viz., a dangling of the testicles, and an emission of a sort of imperfect semen every time I go to stool."

### THE EFFECTS.

The effects of Spermatorrhœa are those of **IRRITABILITY** and **DEBILITY**;—irritability inducing a degree of excitement amounting to fever; debility of the muscular and nervous fibres throughout the entire frame, and even the mind itself, causing atrophy,—innutrition or decay.

**MARASMUS**, **WASTING**, **DECLINE**, or as it is named by old writers, "*Tabes Dorsalis*," has been known to be an effect of Spermatorrhœa and libidinous indulgence,



from the earliest times, for we find traces of it in the oldest historical records that have reached our own day.

In order that the body should maintain its proper strength and plumpness, it is necessary that there should be eliminated, or manufactured in the system, a sufficient quantity of good, pure blood adequate to the wear of its respective parts; for this wear, as we all know, produces a waste; and hence the emaciation sustained by those who labour under impaired digestion. When to impaired digestion, and the imperfect conversion of the food into nutritive blood, is added the exhaustion and shock occasioned by repeated seminal discharges, the atrophy goes on with fearful rapidity; the skin becomes dry and wrinkled, the muscles are shrunk and inelastic, and the complexion pale, often squalid. The patient complains of considerable weakness in the back and pain in the loins, and will frequently describe a most distressing sensation of formication, or a feeling like that of ants creeping from the upper part of the body into the spine. There is also a general restlessness, with tickling or other sensations, not pain, in the limbs, accompanied with a perpetual desire of changing the position. The appetite may be good, sometimes voracious, but still the body wastes; the breathing is oppressed, —short-breathed, especially after exercise; the head aches, and, at the back part, feels as though pressed upon by a weight, or as some patients describe it, as though the brain were too large for the skull.

[27] In 1845 I was consulted by the parents of a youth, 17 years of age; he had been educated in a public school, and displayed, until within a few months, considerable aptitude for mathematics and abstruse studies. I was told he had been previously a fresh-coloured,

healthy boy, but that latterly he had emaciated,—become gaunt and meagre, although his appetite was “so good;” in fact, he was supposed to be “growing too fast”—“out-growing his strength.” He complained of great weakness in all his limbs, and so much pain in his back that he feared to descend from one step to another; he was unable to remain for any time at his studies, and when he left his desk he could not remember what he had been reading; he wandered from place to place, and was “fidgetty.” The action of the heart was feeble, his pulse quick and small; the lungs healthy, but respiration rapid. At our interview, I never “caught his eye,”—he never looked boldly in my face. I felt satisfied I had discovered the true cause of his wasting and debility, and at the time merely prescribed a *placebo*,—requesting he would call upon me *alone* in a few days. He did so. He was evidently a boy of intelligence, and, as I expected, a boy of candour. I placed in his hands a little book I had written, and pointing to page 6, said, “Does this concern you?” The lad burst into tears—“It does, sir.”—“Well, my boy,” I answered, “you are already half-cured; we now know the cause of your suffering, and I see you have sufficient good sense to forsake for ever—mind, for ever—those habits which are killing you.” He was under treatment two or three months, and rapidly improved in appearance, strength, and application. He now holds an important office, under government, in one of our colonies.

[641] A young man, a merchant’s clerk, aged 21, sought my advice. He was tall, spare, and feeble to the last degree; he could scarcely speak louder than a whisper, and the exertion of reciting his troubles fairly exhausted him. He candidly told me the source of his

ill-health ;—that he had run the gauntlet of every quack who professed to cure such cases, and he came to me broken down in constitution and resources. He complained of constant pain in the loins, and between the shoulder-blades, his limbs ached, and his hands trembled so as to make writing a difficulty ; his appetite was craving, but immediately after eating he experienced acute and gnawing pain in the stomach, and a great desire to vomit its contents ; his cheeks flushed, and then he felt drowsy. His bowels were irregular, constipated for a few days, then relaxed—he had constant desire to void urine, and with it there was always a deposit of opaque films, and frequently the surface appeared oily. He was awakened several times during the night with painful erections and emissions ; he had never had sexual connection, and was almost ignorant of the desire for intercourse. He gave me his entire confidence, and placed all faith in my ability to be of service to him. He promised earnestly to forsake for ever all evil practices, and to make the restoration of his health his sole study. I advised a very mild alterative to act gently on the liver, and the trisnitate of bismuth to correct the irritated state of the stomach ; his diet to consist alone of animal food, stale bread, not any green vegetables, with a very spare supply of fluids of all kinds, permitting him to have half a pint of pale ale during the day. I ordered him to rub or “groom” the whole surface of his body with a flesh-brush night and morning, and to enjoy cheerful, congenial society as much as possible. This was one of the earliest cases in which I employed the suppositories.\* The effect

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\* See a description of these valuable remedies under the head of TREATMENT.

of No. 1 was most gratifying; after a few days he passed the entire night without priapism and without emission. The urine was comparatively free from seminal matter, and he enjoyed a degree of quiet and comfort he had never known before. The bismuth was changed for a light vegetable tonic, and the bowels were maintained in a regular state by attention to diet. After a time the vegetable tonic was exchanged for almost homœopathic doses of iron and quinine, with, at intervals, certain warm balsamic remedies. He became free from pain, could walk to and from the City without distress; and as far as general health was concerned, he was a new man. He now introduced suppositories No. 2, and their action was most happy; the Spermatorrhœa at stool and whilst urinating had entirely ceased; the night emissions occurred only once in ten or fourteen days. He remained under my care about three months, and reported himself, as he really was, strong, healthy, and hopeful.

CONSUMPTION, as is now well known, depends upon a scrofulous taint in the system, having for its result the deposit of tuberculous matter in the lungs. This deposit, or tubercle, as it is termed, may remain dormant in the system for years, for ever, unless irritated and called into active disease by one of the many noxious influences to which persons of this scrofulous constitution are liable. In my work on Consumption,\* I have said—"A tubercle, like an egg or spawn in the animal kingdom or a seed in the vegetable kingdom, possesses within itself a principle of life, which requires only

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\* "Consumption of the Lungs, or Decline—The Causes, Symptoms, and Rational Treatment; with the Means of Prevention."

favouring circumstances to develope and mature;" and, having illustrated the progress of tubercle by the progress of scrofulous glandular swellings in the neck, I add: "Because an individual has a tuberculous nucleus in a gland of the neck, it does not follow, as an absolute and invariable consequence, that it will undergo the inflammation, the ripening, and evacuation I have just described; by attention to the health, by counteracting every approach of disease, by removing every thing likely to prove an exciting cause, the germ of disease in the neck may remain dormant for ever. So it is with consumption. But let other disease irritate the system, encourage and foster the development of the germ in the gland—*add exciting causes* to the latent cause—and the gland will enlarge, will inflame, and go through the stages of softening and discharging. So it is with Consumption."

Of all the exciting causes none is so rife, none so fatal as early indiscretion. The healthy growth and development of the body is retarded by the marasmus just described; the latent predisposition which may be inherent is aroused, or a scrofulous habit may be acquired from positive innutrition; and the destroyer, Consumption, that insatiable tyrant that strikes down those who are bounding blithely from the starting-post of life, rather than the decrepit beings who are hastening to its goal, is startled from his lair; the natural vigour which might have repelled his approach is exhausted, and with unrelenting grasp he claims his victim.

It is to be deplored that the majority of medical practitioners appear to be either ignorant of, or indifferent to, the disastrous consequences resulting from this foul cause of so much misery, and in their treatment of disease, seldom look beyond the existing and observable

symptoms, to inquire into those which have gone before, and are *concealed*: this remark does not apply exclusively to Phthisis of the Lungs, but is equally applicable to the general treatment of other disorders dependent on bodily and mental exhaustion or irritation. Such neglect of professional duty (neglect is the mildest term I can use) may arise in some instances from misplaced fastidiousness, or fear of exciting the displeasure of the patient: the conscientious practitioner should banish the one, and risk the other, when the safety of a fellow-creature is in question. Within a recent period I was consulted in a case of incipient consumption by a gentleman of education and candour: having obtained his confidence, I delicately broached a suspicion, which I entertained at our first interview; he acknowledged I was correct, that he had for some time given himself up to the commission of this folly, which had become so habitual, that he found the momentary sensations necessary to produce the soothing effect of lulling him to sleep; to this end he had recourse to pollution whenever he lay restless and anxious in his bed. I pointed out to my patient the danger he was incurring, that he was mistaking a *depressing effect* for a *soothing effect*, that the sleep thus obtained was not that of the "sweet restorer," but unnatural slumber, from which he would awake in increased debility and irritation. He listened, and promised to refrain; he did so, and all his symptoms were ameliorated.

It would carry me much beyond the purposed limit of this work were I to describe in detail all the distressing signs and symptoms of consumption; I must refer those of my readers who have a special interest in this plague-spot of our climate, to the work to which I have alluded.



ASTHMA, in familiar language, has a most comprehensive signification, as difficulty in breathing, from whatever cause it may arise, is generally described by this term. Asthma, properly so called, is confined to that condition of disordered respiration, in which the difficulty in breathing is temporary, but recurring frequently, accompanied by a wheezing sound and sense of tightness in the chest, with cough and expectoration; it is, in fact, that state which is known by the vulgar phrase, *broken-wind*.

Spermatorrhœa when neglected, or of long duration, is invariably attended by some degree of dyspnœa, or difficulty in breathing; and I have, during the last twelve years, seen many cases in which a paroxysm of asthma occurred whenever the emissions were profuse and frequent, and as the patient progressed towards recovery in the generative system, so did the attacks of asthma diminish in severity and frequency.

PALPITATION, AND HEART DISEASE.—Painful sympathetic affections of the heart are often the most troublesome results of long-continued Spermatorrhœa, and are always the most alarming to the patient. They appear under various forms, and frequently assume, in a very great degree, all the characters of fixed disease of the heart or larger vessels. The slightest, and perhaps most common form, consists of a momentary feeling of rolling, or a trembling motion of the heart, like that which is produced by a sudden surprise or fright, and is accompanied by an intermission of the pulse. This feeling may occur once or twice, frequently, or at long intervals; it is sometimes accompanied by a sensation as if the heart were violently grasped. In other cases, the affection assumes the form of continued fits of palpitation, or strong and irregular action of the heart, which



continue without any remission for an hour or more at a time, and recur in this manner daily. They are, of course, attended by irregularity of pulse when the action of the heart is irregular; but frequently there is no irregularity in the action, the affection consisting merely of a strong pulsation, which the patient feels, or hears throbbing in his ear, and can count distinctly by the sound, especially when in bed; I remember a gentleman telling me that the palpitation was so violent that he could count the pulse by looking at the motions of the curtains.

I cannot call to mind, nor have I recorded in my Case-book, any instance in which by examination with the stethoscope I could detect *organic* disease of the heart *caused* by Spermatorrhœa; I am, therefore, justified in saying, that the heart-disturbance is merely sympathetic with nervous excitability. When organic disease has previously existed, Spermatorrhœa will fearfully aggravate the symptoms.

I need not occupy pages in relating cases in which palpitation or uneasiness at the heart was a leading feature, inasmuch as some disturbance in the circulation is a constant effect. Patients, in describing their cases, seldom fail to draw my attention to it. "The least excitement or exertion throws my face into a flush, and causes violent palpitation at the heart," writes one; another, "I have a violent beating at my heart, and pain in the left side, and I feel I should faint;" another, "Whenever I meet a stranger, or have to speak to my employer, my heart turns over, and my face is red and burning."

The effects of Spermatorrhœa, when induced by masturbation or by excessive sexual indulgence, on the

nerves of voluntary motion, are most serious : many cases of epilepsy, chorea, paralysis, especially paraplegia, may claim this cause as their parent.

EPILEPSY, or EPILEPTIC FITS.—I would wish to give the slave of error and excess no better lesson than the sight of a young man in a paroxysm of epilepsy: I would shew him the frightful distortion of the features—the fixed protruding eye—the closed teeth—the foaming mouth—the convulsed extremities ; he should observe the sufferer when the fit had abated—weak and exhausted—the countenance expressing nought save pain and stupidity ; he should watch his waning strength and intellect, until he became a confirmed idiot, or the grave terminated his misery ; and I would then ask him if the *probability* of becoming such as this was compensation for his momentary gratification ?

[501] In 1848, a youth aged 19, residing in one of the Eastern Counties, was brought to London to be placed under my care. He was tall, emaciated, of fair complexion, and imbecile in countenance. At that time he was attacked with epileptic fits early every morning ; for some months previous, the attacks had occurred irregularly and at longer intervals. I learnt that neither insanity nor epilepsy were hereditary in his family ; that he had not in infancy laboured under any disease or injury affecting his head ; his head was well formed ; he had not been frightened ; he was free from worms ; he had not, and was too young to have injured himself by habitual drunkenness. Under very able provincial supervision he had undergone the *routine* of treatment ; he had been bled, and cupped, and leeches ; he had suffered the martyrdom of perpetual blisters, setons, issues, croton oil, and tartarized antimony ; he

had been purged and sweated, bathed and shampooed; he had swallowed mercury and iron, zinc and quinine. I asked myself, What can be the cause of these attacks? The patient was a complete automaton, I could gain no information from him; he was attended by near relations, I feared to ask them for confirmation of my suspicion. I felt convinced Spermatorrhœa and the continuation of its cause was the origin and fountain of the poor fellow's infirmity, and I acted on this conviction. I advised simple soothing medicines, and the bowels to be kept regular by the compound decoction of aloes—a valuable preparation by the way—more bitter in name than in taste,—and I prescribed, greatly to the surprise of his uncle, a proper proportion of the extract of belladonna and elder-flower ointment to be “rubbed in” at the perenæum. At the end of a week he had passed one day without a fit. I persevered with the belladonna ointment, and prescribed full doses of valerian with the infusion of chirettæ, and a cold shower-bath. The progress towards recovery was slow, but yet satisfactory; the fits were now absent for two and even three days together: he displayed more activity and more intelligence, and altogether improved in appearance. The perenæum, from frequent friction, becoming tender, I directed a belladonna plaster to be applied to the lower part of the spine; and more vigorous tonics to be taken. Having been under my supervision ten weeks, he returned home with his friends, to whom I urged the necessity of finding for him some light amusing occupation, and above all, to replace the belladonna plaster with another, and to wear one for some months. I received many reports from his uncle, and at last was told he had been articled to a land surveyor in an agricultural district; that he seldom had a fit; that he had, they

thought, "out-grown" them. I allowed them to cherish this opinion, but checking the *Spermatorrhœa* by the belladonna was the cause of his recovery nevertheless.

**CHOREA, or ST. VITUS'S DANCE**, more commonly attacks females than men: the convulsive twitchings are less violent than in epilepsy, but they become constant, and although sensibility is not lost, yet the intellect is gradually weakened. Chorea is a most unmanageable complaint, though less dangerous in its termination than epilepsy.

**PARALYSIS—PALSY.**—In some cases of *Spermatorrhœa* a sensation of numbness, then of trembling,—a shaking hand—then of "pins and needles" pricking the extremity of a limb,—independent of any stiffness or inflammation of the part, but dependent alone on the condition of the nerves, gives indication that the nervous system is debilitated and irritated. The nerves chiefly affected are those subservient to voluntary motion, but the accompanying nerves of feeling in most cases participate in the torpitude, though not in an equal degree. The action of the involuntary organs, especially the heart and lungs, is but little interfered with, but in general they are more languid than in a state of ordinary health. In this respect there is a considerable difference between paralysis and apoplexy, as in the last the heart appears always to be oppressed and the breathing laborious. Some years since, I had under my care two distressing cases of paralysis induced by excessive indulgence, in the persons of a newly-married couple, who were nearly similarly affected. In both the power to evacuate the contents of the bladder and intestines was so much impaired, that catheters and enemata had to be employed daily. They walked and moved with considerable

difficulty, and altogether they were in a most pitiable condition. That form of paralysis termed .

PARAPLEGIA, or palsy of the lower half of the body, or of both lower extremities, is the more frequent affection resulting from error and excess. The approach of paraplegia is frequently slow and insidious. There is at first nothing more than a slight numbness in the lower limbs, with difficulty and awkwardness in directing and controlling the motions of the muscles : the symptoms increase by degrees, and there is then great difficulty in walking, and an inability to preserve a balance without the aid of a stick or the arm of a friend. After a time walking is impossible, and the limbs are dragged along. The urine is found to flow in a feeble stream, or perhaps involuntarily ; the bowels, which at first are always constipated, may, by the sphincter losing its power of contraction, become incapable of restraining an evacuation, and thus the motions pass away without any ability to arrest them.

In paraplegia arising from disease or injury to the spine, the urine has always a strong ammoniacal odour ; in paraplegia arising from Spermatorrhœa it is free from this smell. This is an important diagnostic feature.

M. Rullier, of Paris, relates the case of a gentleman, 45 years of age, who from early youth had indulged in every concupiscent indiscretion, and especially in an unbounded and extravagant intercourse with females, which frequently reduced him to a state of exhaustion amounting almost to fainting. It was not, however, till the age of 34 that he first began to perceive any serious difficulty in the movement of his limbs : the complaint made rapid progress, and the patient in a short time lost the entire use of his legs, though their sensibility continued to the last, and he appeared to grow morbidly

acute to the least touch ; he became highly irritable in his temper, but enjoyed company and his usual meals, and still retained an immoderate desire for venereal pleasures, and, says the report, “with the fullest ability of indulging it.” Hectic fever now attacked him, then consumption, and he at last fell a sacrifice to such a host of evils.

[347] A gentleman, aged 27, consulted me on the following case : He had resided for some years in the West Indies, and there led a life of debauchery with wine, women, and *error* ; at length his health gave way and compelled him to return to England, for, said he “my *pluck* was greater than my strength, and I should have rattled myself off in no time.” On the passage home he first discovered an inability to control the movement of his legs ; he could not place his foot on the exact spot he desired ; this increased, and he then found a difficulty in ascending the companion-ladder ; he was alarmed, but not knowing the real cause of his incipient paralysis, he candidly told me he pursued an old vicious practice whilst at sea. When I saw him he was worn-out, his constitution was twenty years in advance of his age ; he entered my room by the aid of two stout sticks, and positively dragged one leg after the other. I examined the spine without detecting any cause for his symptoms, he had not been injured by a fall or blow, nor was he conscious of having had a fit. Having run over the usual category, I sought for the cause of his complaint in the urine, and then I found a decided evidence of Spermatorrhœa. My first aim was to renovate the general health, to lessen the Spermatorrhœal discharge, and to direct a large amount of vital electricity to the extremities. By attention to the medicine



and rules for diet and regimen which I advised, the first indication was soon fulfilled; the use of suppository No. 1 induced a marked improvement in the Spermatorrhœa; friction, I could almost say fierce friction, and gentle galvanic shocks increased the vigour of the circulation, and, *probably*, the nervous energy, in the lower part of the spine and extremities. Still he walked, or rather dragged along, with two sticks. He rapidly improved in health, the Spermatorrhœa was abated but not stopped, and there was little amendment in the paralysis. After a time he employed suppository No. 2, from which he obtained great benefit; I ordered him minute doses—the twentieth part of a grain—of strichnia, and medium doses of the extract of conium with camphor. In a few weeks he visited me, assisted only by one stick. Thus he slowly progressed; he could place his foot where he wished, he could mount a staircase with confidence, and at the end of four months had regained his health and considerable power of locomotion.

THE “SPIRITS,” MIND’ and MENTAL FACULTIES.—Attending all cases of Spermatorrhœa, even at the onset of the complaint, there is some depression of the animal spirits and loss of that mental energy without which we can neither cheerfully nor efficiently pursue our daily duties, nor enjoy life; as the disorder advances or becomes confirmed, “low spirits” is one of the most urgent and distressing effects by which the poor sufferer is harassed and made wretched.

The earliest symptoms which the patient experiences are anxiety, or dread of some impending evil without any adequate cause; the mind is clouded by the apprehension of a calamity which will mar either his worldly prospects or his health; the ordinary events of life assume



a gloomy character; business, which before was his delight, frequently becomes the greatest enemy to his peace; he dreads insolvency, yet has not the courage to arrest it; he cannot fix his attention upon any subject of importance, or engage in anything that demands vigour or courage; he has a distaste for all that previously added to his comfort; he loses all relish of life, and prays that his sufferings were terminated.

How admirably has Shakspeare described this type of melancholy! Hamlet says: "I have of late, but wherefore I know not, lost all my mirth, foregone all custom of exercise; and, indeed, it goes so heavily with my disposition, that this goodly frame, the earth, seems to me a sterile promontory; this most excellent canopy, the air, look you, this brave o'erhanging firmament, this majestical roof fretted with golden fire; why, it appears no other thing to me than a foul and pestilent congregation of vapours."

Men who have in early life ran a career of dissipation, devoting themselves to sensual gratifications, by which the stock of enjoyment is exhausted, and the powers of the mind and body worn out before the midway of existence has been attained—men who are *blasé*, or "*used up*," whose constitutions are "shattered,"—soon feel a want of the habitual stimulus which, to them, is life itself; they consequently fall into low spirits, and become unhappy; without the taste or energy to engage in profitable or rational pursuits, they drag on a cheerless and miserable existence, mistrusting and envying those around them. To those who are on the threshold of such a life, I would tender the advice of Dr. Johnson: "Let us, therefore, stop, while to stop is in our power; let us live as men who are sometime to grow old, and to whom it will be the most dreadful of all evils to count

their past years by follies, and to be reminded of their former luxuriance of health only by the maladies which riot has produced."

The direct influence of Spermatorrhœa, and its chief cause, on the animal spirits and mental powers, is well told in the following report:—

[853] "My disease is an unfortunate one,—the mind worn out. I wish to give you an account of the origin of it. In 1841, I was then only 11 years, I contracted the vile habit \* \* \* \* which I indulged in daily, for nearly nine months, near the end of which time, in the evenings a queer sort of melancholy used to hang over me; I never was cheerful till morning came again. In 1843 I was placed in an attorney's office, and one night in that year, after being in bed about an hour I suddenly got up, thinking I was dying. My parents were alarmed and could not account for my anxiety; I continued for some time weak and frightened; I was never easy. I was taken to several doctors, and they said I was going mad; one bled me in the arm, which made me weaker. Palpitation at the heart then ensued, with short dry cough, but my melancholy and nervousness was the worst. Another doctor ordered me shower-baths and some pills, which certainly did me some good; I have no doubt I should have got perfectly well had I abandoned the vile habit. Oh! little did I think of the injury I was doing to myself. Well, sir, my mind at that time was in a continual state of uneasiness, and every month, regular, I used to get into a state of melancholy, stupified and sick, and used to remain in bed for a week together: then I would get better and remain so for another month. Still I indulged in this pernicious habit. Some time after this I told my uncle of the practice I had acquired;

he made me aware of the injury I was doing myself, counselled me, cautioned me. Still I persisted afterwards, for to be brief I indulged in it for a long time, when, after reading your book on the subject, it deterred me, and had more effect than all the counselling I had hitherto received. In my appearance I am healthy, but my digestion is bad, bowels irregular, heaviness and swimming in my head, melancholy, certainly not right in my mental faculties; my life is a burthen to me; I do every thing more mechanically than naturally. I imagine that I am remarked by every one; I cannot bear to enter society, I feel embarrassed when a person addresses me. I was intended for a different position to what I now hold; could my mind be restored, I could command a far different situation, &c."

[1051] Writes—"I have for some years, with more or less violence, been a martyr to nervousness, in all its changing and unaccountable aspects, caused, I fear by what you mildly term a Disease of Error. The various sensations, ideas, fears, &c., would last me a very considerable time to relate; the chief, however, is a continual fear, of course groundless fear, for I am unable to say what should cause this fear. My occupation, unfortunately, is very sedentary, which, I am afraid, tells against me. I have daily to transact business in the presence of strangers, and, strange and ridiculous as it may appear, when I have to perform the simple act of giving a receipt or signing my name, I immediately become a prey to an extraordinary fear, with gloomy and desponding feelings that are unbearable. During this humiliating, and to me terrible affliction, I might, as regards my hand, have a stroke of the palsy—my hand shaking like a leaf. This sen-

sation comes suddenly upon me only in the presence of strangers. My feelings at the time are little else than mental agony."

[1826] "I am 24 years of age; very weak, thin, and pale-looking, and am most wretchedly nervous and hypochondriacal. I am troubled with singing in the ears; objects are continually floating before my eyes; occasionally I start in my sleep, and for several minutes am quite lost, and do not know where I am. One night last week, in going into a dark room, I was suddenly taken in such a strange manner that all my faculties seemed lost, and I believe I should have fallen to the ground insensible if a light had not been brought. Added to this I have had a pain at the heart, sometimes a pricking pain, and at others a dull sort of a sensation. The pain is nothing to inconvenience me, yet such is the morbid condition of my mind, that the fear of my heart being diseased has taken fast hold of me, and the dread of sudden death is ever before me. What, you will say, can be the cause for all this? As it is useless, sir, to attempt disguise with you, I need scarcely state that there are scenes enacted in youth, &c."

[753] "Perceiving in your work on those 'Diseases of Error' which decimate society, the aperture of consolation opened to the afflicted and the irresolute, I gladly invoke your succour, through this, the least afflicting channel. I submit the leading features of my *malheur*. Hardly conscious of its guilt, certainly unconscious of its injurious tendency, my earliest memory is associated with, &c. After the loss of strength and substance, the prominent features are pain in the hollow of the back, perceptible tremor of the hands, and cold feet. My

memory is defective, I cannot recollect a sentence I may have read half an hour ago : I am timid, frightened, and without the least confidence in myself ; I dread crossing a street ; I tremble if any one comes near me, and in all things I am a coward, and yet a passionate coward, for I would, if I could, quarrel and punish all who annoy me—I am so irritable that I know I deserve the ill-nature and ill-will of those with whom I associate.”

[715] “I am suffering severely from extreme nervous debility; to so great an extent am I afflicted, that my life is rendered miserable ; in consequence of it, I am unable to associate with or to enter society of any kind, and there are times when I am not at ease even amongst members of my own family ; and, moreover, I cannot (much to my regret) attend a place of worship on the Sabbath. I walk to and from the City daily, a distance of two and a half miles, but by the time I reach the place of my destination, I feel so exhausted, and am so nervous, that if I happen to meet a friend or acquaintance, I become confused, and so lose my self-possession that I generally endeavour to avoid the meeting. I also feel so incapacitated in business habits that I have been compelled to decline several advantageous situations ; and so long as I remain in this state, I shall labour under the same disadvantages, and be prevented improving my condition. If you will, &c.”

NERVOUS DEAFNESS is an occasional result of Spermatorrhœa, but when dependent on this alone it invariably improves and vanishes as the whole nervous system acquires renewed vigour, and the patient obtains a *new lease of life*.

DEFECTIVE VISION, and MUSCÆ VOLITANTES, or motes floating before the eyes, dazzling, confusion of objects and letters, are alike caused, and are in like manner removed.

SLEEP.—Disturbed, unrefreshing sleep is an occasional symptom of Spermatorrhœa; the want of sleep, or slumber broken by gloomy and terrible fancies, haunted and distressed by a revival in a new and modified form of the waking sorrow, is the constant result :

“ My slumbers—if I slumber—are not sleep,  
 But a continuance of enduring thought,  
 Which then I can resist not ; in my heart  
 There is a vigil, and these eyes but close  
 To look within.”

LOCAL EFFECTS.—I have now to speak of the local effects of Spermatorrhœa. The entire genito-urinary system is more or less implicated. And here it will be proper to give a brief anatomical and physiological description of this important part of our organisation.

*The Kidneys* are two ovoid glands, externally convex, internally concave; the kidney of a sheep so closely resembles that of man, that I need only refer to the one to describe the other. They are situated deeply in the lumbar region, or “loins,” one on each side of the spine. Blood is conveyed into the kidneys by the renal arteries, and it is from this blood that the materials for the urine are derived, and the useless fluids of the body prepared for excretion. Each kidney is composed of a number of lobes joined together within a general envelope; all the branches of the renal artery proceed to the external or cortical part of these lobes, and there subdivide into minute branches; in these minute branches the urine is secreted. Within the cortical, or rind, there is a

tubular part, composed of a number of minute ducts, which convey the liquid that has been secreted to central points, where they unite and terminate in little processes like nipples; each process is furnished with small funnel-shaped ducts, termed calyces, infundibula (or cups with funnels), which empty their contents into a membranous bag, called the pelvis of the kidney, situate at its notch, and with which the ureter, or canal to the bladder, is directly continuous.

*The Ureters* are two tubes, one on each side, about the size of a crow-quill, that connect the interior of the pelvis of each kidney with the interior of the bladder, through which the urine is constantly passing down in drops as it is secreted.

*The Bladder* is placed in the pelvis, or bony basin, in the anterior and lower part of the body; in form it is either cylindrical, or egg-shaped, varying with the periods of life. It is a bag, composed of three membranes: a muscular membrane, consisting of muscular fibres, spread out in various directions; a cellular membrane, in which are the numerous vessels and nerves; and a mucous membrane, which is a continuation of that lining the ureters, and terminating at the end of the urethra. As well as these membranes, the peritoneum, or serous membrane covering the contents of the abdomen, is reflected over part of the superior, posterior, and lateral portions of the bladder. The neck of the bladder—a most important part in connection with the maladies now under consideration—is formed of a firm, white, extensile, fibrous membrane, with muscular fibres, having the same arrangement as on the bladder itself. At the base of the neck of the bladder is the prostate gland.

Thus the kidneys separate the urine from the blood,



and convey it, by means of the ureters, to the reservoir, or bladder.

The science of animal chemistry has made such wonderful advances during the last few years—Liebig being the arch instructor—that he who, amidst the anxieties and labours of daily practice, can, by his own experiments, keep pace with and verify the discoveries of enthusiastic analysers, must be a more patient or leisure man than I dare confess myself; I, therefore, cite the last-discovered constituents of healthy urine, from an authority that I believe to be the best:—

Urea . . . . .	5
Uric Acid . . . . .	4
Creatinine . . . . .	6
Colouring Matter . . .	7
Hippuric Acid . . . .	8
Mucus . . . . .	3
Chlorine . . . . .	10
Sulphuric Acid . . . .	9
Phosphoric Acid . . .	11.13
Lime . . . . .	12
Magnesia . . . . .	11
Chloride of Sodium . .	10.13
Phosphate of Soda . .	13

There is no fluid of the human body so variable in quantity and quality as the urine; it varies according to age, to the fluids drank, the nature of the food or medicine taken, or according to the season of the year; in winter it is copious, in summer sparing and high-coloured. The average quantity of urine secreted in twenty-four hours, in this country, varies from thirty to forty ounces—a pint and a half to a quart or more: this is the late Dr. Prout's estimate, and is certainly the most correct. M. Becquerel regards forty-three ounces in men, and forty-seven in women, as the most accurate

expression of the average quantity. The habitual use of weak subacid wines in France will, from their diuretic influence, sufficiently explain the discrepancy existing between the remarks of English observers and those of Becquerel. In the investigation of urine, it is of importance to notice its density, or specific gravity, its colour and consistence. The density is readily discovered by a little instrument named the urinometer; and that which I employ, made and graduated by Mr. Ackland, is wondrously correct, and, assisted by his mathematical calculation, facile in working. The average density of healthy urine may be taken at 1.020.

*The Testes—Testicles*—are two ovoid glands contained within the scrotum, and covered by a white fibrous membrane, named the *tunica albuginea*; that on the right side is generally placed a little higher than the left. Each testicle consists of lobules of a grey colour marbled with red, formed of an immense number of very minute tortuous tubes, termed the *tubuli seminiferi*, or seed tubes. So delicately minute are these tubes, that their diameter does not exceed the  $\frac{1}{200}$  part of an inch. Monro estimates their number at about sixty-two thousand five hundred, and he considers their total length to be five thousand two hundred feet. The seminal tubes are all directed to the upper part of the testicle, where they form from twenty to thirty considerable trunks, which give origin to the duct that forms the epididymis.

*The Scrotum*, or pendulous envelope of the testicles, is a continuation of the skin of the adjacent parts; it is remarkable for having a deeper colour than other parts of the skin, and for its furrowed or rugous appearance. Upon the surface there is an elevated longitudinal line, called the *raphe*, which divides it into two equal parts.

The *dartos* is a membrane of a rose colour, plentifully supplied with blood-vessels, adherent to the inner surface of the skin, consequently surrounding the testicles and forming a partition between them. Beneath the *dartos* is a *fibrous tunic*, thin and transparent. The *cremaster muscle* consists of a few fibres scattered upon the *tunica vaginalis*, and has the power of drawing up the testicles. The *tunica vaginalis* is a serous membrane, forming a shut sac, which covers the body of the testicle and epididymis.

*The Epididymis* is the commencement of the canal or excretory duct of the testicle, upon the upper part of which it is situated, and is much twisted, or coiled upon itself; its lower part is attached to the testicle, and is continuous with the

*Vas Deferens*, or large excretory duct, which is almost of a cartilaginous consistency; it is very slender at the commencement, but as it enters the abdominal ring it increases in size: it passes behind the testicle in a tortuous manner, and goes to the spermatic cord, thence descends backwards and inwards, and, as it arrives at the lower and back part, it approaches its fellow duct, and proceeds along the inner edge of the *vesiculæ seminales* to the prostatic portion of the urethra.

*The Spermatic Cord* suspends the testicles, and is composed of the last-named duct, the spermatic artery and vein.

*Vesiculæ Seminales* are two small membranous bags or reservoirs situated beneath the bladder, a little in front of that part where the ureters enter; they are filled with a thick, yellowish fluid, consisting of the peculiar secretion of the vesicles themselves and seminal fluid. They are conical, the apex terminating in a narrow tube which unites with the *vas deferens*, form-

ing by this junction the *ductus ejaculatorius*, which passes through the prostate gland, and opens into the urethra.

*The Prostate Gland* is of the size and form of a chesnut, surrounding the neck of the bladder and the commencement of the urethra, and is in close contact with the rectum, or last portion of the intestines. As this gland is traversed by the urethra, its internal surface is lined by a mucous membrane; at its lower part there is a triangular eminence, the *caput gallinaginis* (so called from its fancied resemblance to a woodcock's head), and the orifices of the ejaculatory ducts, to which important tubes the prostate affords protection. The peculiar, sebaceous, lubricating secretion of the prostate itself, is conveyed by small ducts, at the sides of the *caput gallinaginis*, into the urethra.

Thus it will be learnt that the seminal fluid is secreted in the tubuli seminiferi, that it passes into the vas deferens, whence it is emitted into the urethra by the ejaculatory ducts, formed by the junction of the vas deferens and the vesiculæ seminales. The irritable and debilitated condition of these ducts permits the involuntary escape of the seminal fluid, and constitutes the disease, *Spermatorrhœa*.

*The Penis* is formed by the corpus cavernosum, the urethra, the corpus spongiosum, blood-vessels, nerves, and skin, the prolongation of which forms the prepuce.

*The Integuments, the Prepuce, or Fore-skin*, is merely a continuation of the common integuments, which are here more delicately thin, and instead of fat, there is, as in the scrotum, only a cellular tissue. At the extremity of the organ there is a greater or less prolongation of skin—the prepuce, which covers the glans, and is connected to its lower part by a triangular

folia, named the *frænum*, or bridle. On the inner surface of the prepuce there are many sebaceous follicles, from which issues a peculiar secretion, which, when unhealthy, gives rise to an irritating disorder—balanitis.

*The Corpus Cavernosum* is placed over the urethra, and commences by two roots from the ramus of the ischium and pubes, and extends to the glans, forming about two-thirds of the volume of the organ. Its structure is a dense fibrous membrane, plentifully supplied with blood-vessels, which, when excited, occasion the distension or erection of the organ.

*The Urethra* is the tube that conveys the urine from the bladder, as well as transmits the semen; it is distinguished into three portions—the prostatic, the membranous, and the spongy portion. *The prostatic portion* is that surrounded by the prostate gland, and into which the secretory and excretory organs—the testicles and vesiculæ seminales, by the ejaculatory ducts, and the orifices of the mucous follicles of the prostate—pour their fluids. *The membranous portion*, about an inch in length, lies between the prostatic and spongy portion; it is thin and contracted, and consists of mucous membrane, exterior to which are much loose cellular tissue, and numerous veins. *The spongy portion* commences posteriorly in a bulging (the bulb of the urethra), continues along the lower part of the penis, and expands into the *glans*, or nut, as it is vulgarly termed. The canal of the urethra has a mucous lining, continuous from the orifice of the urethra with the mucous membrane of the bladder. Its diameter varies in different parts; it is rather broad at its origin, contracts and again dilates in the centre of the prostate gland. The membranous portion is much narrower than any other part of the canal; and in its spongy portion its breadth

is very nearly equal, except towards its extremity, where there is a remarkable dilatation, termed the *fossa navicularis*—the part more generally affected in gonorrhœa, or clap.

We have now to consider the effects of Spermatorrhœa on the organs, and the functions of the organs just described.

DIABETES is a disease of the kidneys, in which there is an immoderate flow of the urine; that form recognised as *Diabetes Mellitus*, in which the urine has the odour, colour, and taste of honey, is the more frequent sequel to pollutions. The first symptom that attracts attention is the frequent desire to pass water; the urine, on being examined, is found excessive in quantity, of a pale colour, wanting its proper odour, and containing sugar in greater or less quantity. There is inordinate appetite and indigestion; excessive thirst; constipation; the tongue is clammy and red at the edge, or clear, or white with a brown streak down the middle; the gums are red and tender; the throat dry; the breath has often a sweetish odour, like that of hay; the skin is dry, harsh, and scaly; the patient is prostrated by debility, and rapidly emaciates. The quantity of urine voided is sometimes immense, occasionally amounting to 12 or even 16 pints in twenty-four hours. In a case that occurred in the practice of my respected friend, Mr. Pearse, an old Peninsular army surgeon, to whom I was apprenticed in 1828, the quantity voided during a day and night frequently exceeded 14 pints; in this case one of the most distressing symptoms was excoriation and irritation at the orifice of the urethra, and around the glans. My constant attendance on the patient induced me to give considerable attention to diabetes, and my first literary effort was an Essay on



the complaint, which I read before the London Hospital Medical Society in 1832, for which that scientific body did me the honour to elect me an Honorary Member. The presence of sugar may be detected by evaporating the urine in a sand-bath, the result of which is sugar, "hard-bake," and "like any other hard-bake;" or by Capezzuoli's test, namely, adding a few grains of blue hydrated oxide of copper to urine contained in a conical glass vessel, and rendering the whole alkaline by the addition of liquor potassæ. If sugar be present, the fluid assumes a reddish colour, and in a few hours the edge of the deposit acquires a yellow colour, which gradually extends through the mass, from the reduction of the oxide to a metallic state. The specific gravity of diabetic urine ranges from 1.020 to 1.050.

[166] Aged 32, a commercial traveller, was afflicted with Spermatorrhœa and a great flow of saccharine urine, specific gravity 1.030; his general symptoms being those just recited. I advised a full diet of animal food alone, and that broiled or roasted; all vegetables, pastry, and everything that could undergo saccharine fermentation, to be forbidden; to eat bread made of the gluten of flour; the only drink to be half a pint of tea in twenty-four hours, and the thirst, which was excessive, to be assuaged by sucking small particles of Wenham Lake ice, so as to reduce the fluids as much as possible. By way of medicine, he took small doses of sulphate of zinc with Dover's powder, and, every third night, three grains of blue pill, with the view of slightly stimulating the action of the liver. I directed him to apply to the perenæum a large sponge saturated with hot water, in which two teaspoonsful of wine of opium had been mixed; this application had a soothing effect, and the



pollutions, which had occurred twice and thrice a week, sensibly diminished; in a few weeks he was able to take full doses of the citrate of iron and quinine, without exciting any degree of fever: and now the quantity of urine rapidly decreased, it lost its sweet taste, and acquired a specific gravity scarcely exceeding 1.020. He resumed his journeys in the provinces, and faithfully promised to attend to the rules for his diet and regimen which I laid down.

**IRRITABLE BLADDER.**—Irritable bladder, as a result of *Spermatorrhœa*, is of frequent occurrence, and is truly a most distressing complaint. The patient is annoyed by a frequent desire of voiding urine, which at length becomes so urgent that the inclination occurs every ten or fifteen minutes. The uneasiness experienced is in exact proportion to the quantity of urine contained in the bladder—the greater the quantity, the more severe will be the pain. I have had under treatment for some months a gentleman—"a man about town"—who has laboured under this complaint for many years, and who has been treated by most able men for stone in the bladder, for gravel, and for hæmaturia (bloody urine): to those whom he had previously consulted he was not so confidential as to myself, and the existence of *Spermatorrhœa* and chronic inflammation of the prostate gland had remained unnoticed. On testing his urine I could not discover either lithate of ammonia or lithic acid, hence there was no gravel; on examining the bladder, the coats were discovered to be rugous, but no calculus, or stone, could be detected; but under the microscope there was ample evidence of the existence of *Spermatorrhœa*. I directed my treatment to allay the morbid irritation of the mucous membrane of the bladder

itself; and by means of unguents applied to the peneum, and the introduction, after a time, of suppositories No. 1, with very small doses of the purified oil of turpentine, all the urgent symptoms have abated. The case is still under treatment, and I look forward to his perfect recovery with much faith.

INCONTINENCE OF URINE—INABILITY TO RETAIN THE URINE—"DRIBBLING."—This affection, in connection with our present subject, arises either from irritation in some part of the urinary channel, or from atony—loss of muscular power—in the sphincter of the bladder. In a few words, it may be described as a perpetual discharge of urine. The water passes away without control; the lower part of the body becomes excoriated by the irritation of the saturated linen; the garments are stained, and however cleanly the poor sufferer may be, the odour emitted is most unpleasant, and tells its own history. A gentleman, native of Spain, having two establishments, commercial and domestic, two of each in England and in the Peninsula, and the father of an immense progeny, consulted me, several years past, on a most distressing case of incontinence. He was about the meridian of life, salacious to an extreme, but at that time impotent as an eunuch. He moved in a large circle of society, and his very existence was embittered by his malady. His infirmity had its origin in excessive venery; hence, abstinence and the removal of sensual excitement was the first remedy. He was about to leave England, and I suggested he should take shipping, as a lone cabin passenger in a merchant sailing-vessel, from the Thames, rather than, as was his custom, in a crowded, sociable, "Peninsular and Oriental" steamer; and that during his voyage he should pursue his treatment. He adopted my advice;

and I prescribed a blister to the bottom of the spine; to be followed by suppositories No. 2; the liquor ferri oxy-sulphatis in small doses, gradually increased; a cold hip-bath; plain diet of animal food; not any tea or coffee,—his beverage to be restricted to Seltzer water and three glasses of old, dry, port wine per diem; and I cautioned him to avoid any excitement at his domestic establishment on the other side of the Bay of Biscay; and to make his return passage in the same mode as his outward trip. At the end of four months he called upon me in high spirits; he could retain his urine until an opportunity occurred to void it—and how much must we all deplore that these “opportunities” in this metropolis are so far apart!—and, “considering all things,” he really was as well as he could hope for, or I expect.

ENLARGED PROSTATE is probably the most frequent alteration of structure consequent upon Spermatorrhœa. The enlargement generally commences slowly, and if neglected or improperly treated, the gland may increase from its normal size—that of a chesnut—to that of a man’s fist. I consider this disease to originate, in many instances, from the peculiar watery and irritating character of the seminal secretion in constant pollutions, which acts in like manner to the excoriating discharge from the nostrils in cold (causing the nose and upper lip to be sore, tender, and swollen); inflammation and pain is set up, probably not of a very acute character; then the symptoms become chronic, and enlargement commences. The patient complains of a constant heavy, dull pain in the perenæum, and sometimes sharp lancinating pains shoot along the urethra; the desire to pass water is frequent, but it is voided with difficulty and in small quantity, the sides of the canal being compressed by the enlarged gland not permitting the escape in a

continuous stream, and the patient never has the feeling that the bladder is perfectly emptied; sometimes there is complete retention of urine, so that not a drop will pass, although much straining is used; great difficulty is also experienced in passing the fæces, and there is more or less irritation in the rectum and around the fundament. It is whilst passing stools under these circumstances that the greatest seminal escape occurs. From the inability to completely empty the bladder, that organ becomes diseased; its coats are thickened, the urine becomes ropy, and most urgent symptoms may arise. [365] came to me, and stated his case to be stone in the bladder; and certainly the symptoms he detailed closely resembled those of that fearful disease, but his countenance did not betray that unmistakable aspect presented by calculus patients. I passed an instrument, No. 6, into the bladder with difficulty; at the neck I met with decided obstruction; by gentle manipulation I overcame this, and the sound entered the bladder. I explored this organ most carefully, and could not detect a stone, but found the coats thickened, its size contracted, and the instrument dipped into several rugous folds, forming so many trenches. On withdrawing the instrument and examining per rectum, the exact seat and nature of the complaint was palpable; namely, enlargement of the prostate gland. The delight of my friend, when I explained to him the less formidable nature of his malady, was great indeed, and his thankfulness was most gratefully expressed. Such passages in medical life are, to honourable men, sweeter than fees. I directed him to foment the perenæum with an anodyne lotion, made hot; to relieve the lower gut by graduated doses of castor oil; to take the liquor potassæ in the infusion of buchu; to have a light diet; to avoid

all stimulating beverages, and to drink the compound infusion of linseed—linseed tea—in small quantity, but frequently. He called in a few days, much improved in his general symptoms; the pain was less, and the irritation of the rectum removed. Advised to continue the same medicine, and to introduce suppository No. 1 for four nights. At the end of that time he could void his water in a fair stream and without much effort. I now passed instrument No. 7 with tolerable ease; the condition of the bladder scarcely altered; to continue all the remedies; and I advised him to pass his urine in a slanting position—that is, with his arms and chest on a bed or high chair, and his legs outstretched—so that the water might glide out with as little effort or straining as possible: thus he would avoid irritating the gland, and diminish the undue expulsion of the seminal fluid. In a week he was in a state of comparative ease. I then directed him to take the iodide of quinine and iron; to apply to the perenæum, for four nights, a scruple of the unguentum hydrargyri mitius, and at the end of that time to introduce suppository No. 2. The case, as might be expected, was a tedious one; but the gradual amelioration of his prostatic disease and Spermatorrhœa gave him hope and increased his perseverance, and he was a faithful patient. For ten or twelve weeks he progressed most favourably; he then ceased from all medical treatment, and a short visit to the chalybeate waters of Tonbridge Wells completed his recovery.

One of the most serious cases of indurated and irritable prostate gland that has occurred in my practice for some years, was that of a gentleman who had been induced to purchase, at a cost of £2. 10s., an instrument—the invention, it was advertised, of some foreign

*myth* — as an external cure for Spermatorrhœa. It consisted of a pad and strap; the pad being placed on the perenæum and held in position by the belt, which passed before and behind the body, and over the shoulders. It was asserted by the Speculator that it acted as a “contractor,” and was to contract, by pressure, the relaxed mouths of the seminal vessels. The credulity and ignorance of the man who could place faith in such a barbarous apparatus must be great. As well might he attempt to stop the discharge from the nose in a severe cold, by plugging up the nostrils, as to prevent the pollutions occurring, by external pressure. In the case to which I refer, this machine soon set up an alarming degree of inflammation in the prostate gland and neck of the bladder. The patient wrote to me, detailing his urgent symptoms and their cause. His own sense induced him to throw away the vile instrument. I advised him to remain in bed or on the sofa; to use a hip-bath at 98° every night; the bowels to be freely moved by the confection of senna and bi-tartrate of potash; scruple doses of the pulv. fol. uva ursi, with subcarbonate of soda, to be taken every four hours; a spare diet, and copious draughts of barley-water. Under this treatment the inflammatory symptoms soon subsided, and in a few days he was able to travel from Lancashire to consult me personally. I found the prostate considerably enlarged, irritable, and painful; so much so, that he had to seat himself with the greatest caution, to prevent his dress or chair unduly pressing on the part. He suffered much pain in passing water, and when at the closet. I advised a single leech to be applied to the perenæum for four consecutive nights; to be followed by an anodyne poultice; to take the iodide of potassium with hyosciamus, three times a day,



and pills composed of the extract of hyosciamus and James' Powder at bedtime; to apply to the perenæum a soothing and slightly anodyne unguent, and to remain as quiet as possible. On the fifth day I passed bougie No. 7 without great difficulty, and ordered a warm hip-bath, minimum doses of the tincture of the sesquichloride of iron and quinine, and the night pills to be continued. On his next visit he proclaimed himself much better, could pass his urine with ease, was free from pain, but had been much troubled with pollutions. Bougies No. 8 and 9 passed freely; I gave him a set up to No. 11, and instructed him in their introduction, with directions to pass No. 8 for two nights, then No. 9, and so on; to introduce suppository No. 1 every night, and to take the iodide of quinine and iron; the bowels to be maintained in a proper condition by figs, roasted apple, or, if necessary, castor oil. He now left London, to reside for a short time on the coast, whence he sent me frequent reports: I learnt that he could pass bougie No. 10 with ease, that all irritation in the urinary canal had ceased, but that the Spermatorrhœa at stool was scarcely improved. I then directed sea-bathing, the liquor ferri oxy-sulphatis, with small doses of the tincture of cantharides, and the use of suppositories No. 2; I sent him a large supply of the latter, and did not again hear from him until he was quietly settled down at home, when he wrote a letter of courtesy, and declared himself "*off the books.*"

VARICOCELE is a *varicose*, or enlarged, distended condition of the veins of the testicle, those of the left side being more frequently affected than the right. The cause of this disease is, in a large majority of cases, either the abuse of venery, or masturbation, by which the blood is determined in an inordinate degree to the



testicles, and its return to the heart impeded. I have known some severe cases to arise from violent horse exercise and rowing. In general the distension of the veins occurs so gradually, and produces so little inconvenience, that it is seldom detected until the affection has made some progress, and is then only discovered accidentally. When somewhat advanced, it occasions a sensation of weight in the testicle, and a feeling of uneasiness in the spermatic cord, which often extends to the loins, and is much aggravated by exercise. The patient is then apt to carry his hand to the scrotum to relieve the sensation of weight, or to give the part a more favourable and convenient position in his dress. The scrotum is loose, elongated, and flabby, and when examined by the hand, has a soft, inelastic feel, and communicates to the fingers a sensation which has been compared to that of a bundle of cords or earthworms. Sometimes the pain is trifling, and the patient complains only of the weight; in others it is most severe and intolerable, so much so that some tortured sufferers have gladly submitted to the operation of castration for relief. Sir Benjamin Brodie and the late Mr. Key have operated under such circumstances.

[418] A gentleman, aged 24, native of Berlin, called upon me with immense varicocele of the left testicle, and, in a lesser degree, of the right also; the scrotum was pendulous to the extent of eleven inches, and the weight probably exceeded three pounds. He had been resident for some months in Liverpool, and had there fallen into the clutches of one of the despicable Jewish empirics, who are the locusts of society. Under this ruffian's treatment he had been salivated, and induced to swallow any quantity of some "Cordial

Balm," at a cost that made him "poor indeed." When I saw him he was a perfect wreck in health, peace, and purse. He felt acute pain on the least movement, and told me he had removed the pocket of his trowsers, so as to allow his hand to pass through to support and hold up the parts as he walked. His general health was much impaired by the mercury he had taken; he was weak, and a mere skeleton; he was troubled with constant pollutions of a thin, glairy character, which caused, I have little doubt, the excoriations from which he suffered so much at the orifice of the urethra. This was a serious case, and rendered doubly painful by the position of my patient: he was a gentleman,—gentle, in the truest meaning,—but a poor gentleman, and it was evident he lacked "the appliances and means to boot" of an invalid: he resided in obscure parts, and, I fear, was sadly deficient in the comforts required by sickness. I advised perfect quiet in the recumbent position, and ice to be applied to the scrotum during the day; on going to bed, to envelop the parts in lint smeared with an unguent composed of the extract of hemlock, iodine, and elder ointment; to take the infusion of cascarrilla with ammonia; a full diet and a pint of good beer daily. Under this treatment he gained some degree of strength, and cessation of pain. By the aid of a suspensory bandage, with a stout silk purse, he was enabled to walk more easily; and when he had obtained sufficient stamina, means were found to convey him to his parents' home, *via* steam, to Hamburg. I mention this case as being the largest and heaviest varicocele I have seen.

My case-book and memory are so prolific with cases of this infirmity, that I am puzzled where to cull; I therefore, in a few words, describe the treatment I adopt. The first indication is to obtain complete and equal support

of the parts—support without undue pressure,—and this is best obtained by a well-made suspensory bandage having a stout netted silk purse, in some cases lined with oil-silk, or tissue of gutta-percha. When practicable, I direct the patient to remain for some days in the recumbent position, and to persist in the use of a cold astringent lotion, made still more cold by icing, or the addition of small lumps of ice. I then commence the more active treatment by “painting” the course of the enlarged veins with a preparation of iodine,\* an absorbent, and soothing sedative; conjoined with this local treatment, the general health must be carefully guarded, and the original cause of the malady, whether it be a blow, violent exertion, or Spermatorrhœa, must not be overlooked. By practice based on these principles—namely, rest, support, absorption, and removal of the cause—it rarely happens, in the cases submitted to me, that the varicocele is not radically cured as well as palliated. In some few instances I am compelled to resort to compression by adhesive strapping; but I should hesitate greatly, and the case must be urgent indeed, before I advised any surgical operation, as is recommended by some practitioners. Obliteration of the dilated veins by division is dangerous, and likely to induce phlebitis; the application of the ligature is horridly painful, the prospect of cure is problematical, and the certainty of the testicle wasting positive; excision of the parts implicated must be near akin to death; but compression, skilfully applied, is neither painful nor dangerous: this less formidable mode

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\* Iodine, some years past, had the ill-fame of inducing absorption of the testicle: when judiciously employed, it has not this injurious effect.

of treatment should not, however, be resorted to until the means I previously adopt have proved inefficacious.

ORCHITIS, INFLAMMATION OF THE TESTICLE.—Acute inflammation of the testicle is the more frequent effect of gonorrhœa, or of local injuries; chronic orchitis is the affection we have now to consider. The earliest indications of the disease are, an enlargement and hardness of the epididymis, with a dull obtuse pain extending to the loins; when touched, the testicles are painful, the aching continues for some time, and is, as in all diseases of this organ, attended with an oppressive and exhausting feeling of sickness or fainting. The scrotum, however much distended, does not present that knotty, worm-like appearance and feeling of varicocele; but is smooth, shining, and tense. Orchitis, originating in Spermatorrhœa, is of comparatively rare occurrence, as other symptoms must have been previously so urgent as to render medical assistance imperative; when it does exist, it may be necessary to apply three, four, or more leeches to subdue any active inflammation that may be present; the patient should remain in the horizontal position as much as possible, and never walk without the parts being supported in a suspensory bandage; moderate doses of the hydr. cum creta, or of "Plummer's pill," should be cautiously prescribed, conjointly with the iodide of potassium and extract of cornium. So soon as all really inflammatory symptoms are subdued, and only hardness and enlargement remain, we may then gently strap the parts with the emplastrum ammoniaci cum hydrargyro.

NEURALGIA OF THE TESTICLE, IRRITABLE TESTICLE.—By these expressions is signified a highly sensitive and exceedingly painful affection of the part, generally unaccompanied by any swelling, or other obvious change

in it. The suffering is frequently of the most excruciating kind, and of long duration, though subject to occasional remissions. "A patient," says Sir Benjamin Brodie, "frequently complains of pain in the testicle when there is no disease in it. There is a state of the nerves of the part which makes him feel pain in it, although there is no inflammation, nor any other actual disease; and this is all that we mean when we talk of a *neuralgic* affection in this or any other part of the body." Irritable testicle is a very formidable disease, and generally resists all means that may be employed to subdue it. The part is so extremely tender, that the patient cannot bear to walk, the least pressure causing exquisite pain: the moment the organ is touched the patient shrinks, and writhes in agony, which may continue for some hours. The pain passes up the spermatic cord to the loins, entering along the spermatic nerves of the thigh. The degree of suffering to which a patient is exposed from an irritable testicle, can scarcely be conceived. "It is," said the great Sir Astley Cooper, "for the most part unmanageable by medical treatment, but will, after a great length of time, sometimes wear itself out." In my own practice a case of pure neuralgic irritable testicle has not occurred; I therefore do not venture to propose a more hopeful treatment. I have met with many cases of tender testicle, without swelling or inflammation, but they so readily yielded to the internal use of iron, quinine, and morphia, and the local application of leeches, belladonna, and soap cerate, with constant support, that I do not feel justified in classing them with the fearful disease to which the great authorities I have quoted in this paragraph allude.

ATROPHY, or WASTING OF THE TESTICLE, and consequent loss of its function, is far from being a rare

result; the absorption generally commences at an early age, either in one or both testes. [151] A youth aged 17 was brought to me by a general practitioner in the Western suburbs, for my opinion whether a testicle on the left side really existed or not: he had been under treatment for gonorrhœa, and my friend, on examining him for this complaint, was surprised at what appeared to be the total absence of the testis. The lad was in fair health, and confessed to a precocious inclination for venery, in which he had indulged to the utmost of his strength and opportunity. He had a constant gleety discharge, which evidently was impoverished Spermatorrhœal fluid; the testicle could scarcely be distinguished from a fold of epididymis, or a slightly varicose vein, certainly it was not larger than a small, very small, horse-bean, but there it was. This was a case in which very little active treatment could be adopted; to maintain the general health, to restrain the lascivious propensities, and to direct him to employ all means, by vigorous and amusing exercise, to develope and nourish his entire system, was all that could be suggested. I have lost sight of the case for some years, but may believe it was one of the few in which kind Nature permits the effects of folly to “out-grow” themselves.

ATROPHY, or WASTING OF THE PENIS.—In all cases of long-continued masturbation and frequent pollutions, the sexual organ diminishes, it becomes “lean and shrunk, and unfitted for its office.” Since inditing the paragraph, page 19, a patient resident in the Sister Isle who had recovered from all his Spermatorrhœal symptoms and their effects, and to whom I now advised marriage, has replied thus to my last prescription:—“The organs have never attained their proper size, I think at 14 or 15 they were better than they are now. . . . At



the present time (he is now 31), they are not better than those of a boy of 12 years of age." I again wrote to my patient, and recited the encouraging cases recorded by Sir Astley Cooper, in which the organ was not of sufficient magnitude to penetrate, and yet the husband became a father; and others that had occurred in my own practice. The poor fellow is, however, yet a waverer, doubtful of his own prowess.

**IMPOTENCE.**—The desire to perpetuate our species is one of the most intense and irresistible passions with which we are endowed; it is a part of our existence, it is a consequence, a feeling as natural as hunger and thirst. The time at which this desire commences is puberty, the most critical in the life of man; at this epoch our frames are perfected, the secretions necessary for the formation and growth of our bodies have, to a great extent, performed their office, and a total change, mental as well as corporeal, takes place. At the arrival of puberty, the boy suddenly throws off the puerile character, and starts at once a man—his whole appearance undergoes a change; his countenance is now illumined with intellect and decision; his voice assumes a rough and manly tone; his cheeks and upper lip are shaded with a delicate down, the precursor of the distinctive whisker; his limbs are firm, and his step erect and vigorous; he delights no more in those occupations and amusements which before alone afforded gratification:—he yearns for something hitherto unknown, he is imbued with physical love, and the latent spark of sensual feeling is aroused.

In the female, the characteristic changes at this period are equally marked; if possible, the body undergoes still greater alterations; the system becomes fully developed; the bust, particularly the breasts, is enlarged;



the eye sparkles with vividness and expression, indicative of soul and feeling; the periodical discharge peculiar to her sex commences; girlish playfulness is exchanged for bashfulness and retiring modesty; her mind is filled with ideas, pure, but strange and absorbing; in a word, she is a Woman,—“Fairest of creation; last and best of all God’s works;”—*et quicquid suavis et quicquid amari Alma Venus habet.*

Puberty is the most critical period of man’s life; the mind rushes into a new world; new thoughts, new feelings engage the attention, and the foundation of future character and happiness is in the balance. The body participates in the change; the buds of inherent or acquired disease are now matured or crushed, and the prospect of continued health and strength will be influenced in a considerable degree by the conduct of life at this era. How important it is that the opening mind and expanding reason of youth should comprehend the pinnacle upon which it is now poised! It is the duty of every parent to inculcate those principles of virtue and honour, which so especially affect the moral character of his child; he should also point out those things which he ought not to do, that will so especially affect his physical character; this he should accomplish without alarming his susceptibility, or too much exciting his curiosity; the peculiar temperament and disposition of the youth will guide the anxious parent how the difficult task may be best performed. It is my office to explain what may be the consequences of neglecting this duty, and allowing passion to revel unrestrained; and to suggest how the misery attendant upon obstinacy, wilfulness, or recklessness may be obviated.

I have little wish to gratify prurient curiosity with any *curious* detail, and at once plunge into *medias res*

by stating that the greatest portion of human happiness is contingent on the fulfilment and perfect enjoyment of every manly office.

This may be received as an axiom.

Is there a divinity, law, or medical student who does not aspire to a mitre, the woolsack, or a professor's chair? Is there a "middy" or an ensign who does not yearn to command fleets and armies? Is there a mercantile drudge who does not aspire to be at the head of a firm? These, these are partial hopes, to be fulfilled by a few only. Is there one man—however exalted, however humble—who does not look forward to a home, wife, and children, as the goal of his exertions, his toils and his cares? This is a general hope, within the reach of all. Wife, children, home, are the talismans that have guided man to the noblest actions, to the greatest efforts of genius. All happiness, especially that of Englishmen, is centered in these blessings.

"All who joy would win  
Must share it. Happiness was born a twin."

Without being metaphysical, we may admit, that although lust is not, of necessity, the constant attendant on love, nevertheless, "Love brooks not a degraded throne;" and that, as well as to fulfil the very purpose of our existence by continuing

"The vigorous race  
Of undiseased mankind,"

it is imperative to preserve in the perfection of their power those organs, and the functions of those organs, upon which our obedience to this command depends.

There is scarcely one of the effects of Spermatorrhœa that is not capable of impairing or destroying this attribute.

The iniquitous practice to which I have unfortunately been compelled so often to allude, is the most prolific cause of the premature decline of the procreative power; and although the effects of such selfish and debasing indiscretion may not have been evinced by any sensible derangement of the general health, still the source of the debility may be no less certain. Impotence from this cause arises from actual want of power; from premature, or from tardy emission; from the impoverished state of the vivifying secretion; from want of proportion in the organ; from the absence of desire; and from the universal weakness that depresses the whole system. Who can depict the feelings of a young man who, on the eve of marriage to a lovely, amiable, and affectionate woman, discovers his inability to consummate "love's bashful rights"? None can paint the anxiety, the agony of mind, such fear and doubt creates, but he who is the victim. My practice affords repeated instances of the misery, anguish, almost despair, engendered by this incapacity; and were the subject one on which I could with propriety write in detail, I might shew that frustrated hopes and the dread of a wretched existence need only be transient if the patient be faithful in the adoption of the means directed for his restoration.

*Excess in Venery* is another cause of Impotence, especially excess associated with late hours, debauchery, mental anxiety, occasional infection, and all the wear and tear of the constitution that inevitably result from a "gay-life"—sad misnomer! The first intimation the roué has of his infirmity may happen when he is suddenly compelled to exclaim, with Falstaff, "O, that desire should outlive performance." This state of affairs then goes on increasingly; the mind is harassed by failure; the health begins to give way, and, at the

eleventh hour, he determines to seek advice. A false feeling of shame prevents him disclosing his infirmity to a physician, and, deceived by deceptive advertisements, he falls an easy victim to "Consulting Surgeons," Pill-vendors, and Balm-mongers. The end is—the old tale—a wreck in health, in happiness, in pocket:—he is first robbed, then destroyed.

*Continence* as a cause of Impotence must not be overlooked. However doubtful this may appear to some readers, it will not be questioned by those who consider that not an atom or filament in our bodies is created without DESIGN; that to every organ is assigned a peculiar office, and that to the glandular system, in particular, is the health of the body indebted; thus the secretions of the liver, the pancreas, and the salivary glands, are essential to digestion; the kidney secretes urine, which carries off the abundant serum; the testicle secretes that important fluid upon which the continuance of our species depends. Any irregularity in these secretions causes disease: hence jaundice from the disordered function of the liver; dropsy from the disordered function of the kidney. The gland performing its office correctly, the secretions must be applied to their destined purpose, otherwise they impair the well-being of the whole system. If, then, the secretion of the testes be not applied to its normal office, nature is disturbed, and "deemed vindictive to have changed her course." Marriage should be considered by every man as one of the purposes of his existence—as an obligation imposed upon him as a reasoning being, and as a good citizen.

*Intemperance* is a foe to virility; habitual drunkenness is its destroyer. I am not an enemy to the good things of this life; it is their *abuse*, not use, I would war against. Extreme abstinence may, in some in-

stances, prove injurious, for there are peculiar idiosyncracies in which a certain quantity of stimulus is absolutely necessary, and cannot be immediately or suddenly withdrawn without some risk. Happily, intemperance is a vice which is rapidly going out of fashion; in society the man who could remain at table until he is *op-zee* is not tolerated, and a "three-bottle-man" is seldom met with. Amongst the lower orders, the destructive habit of gin-drinking has received a heavy blow and great discouragement, alike from the improved morals of the people, the more intellectual amusements placed within their reach, and the enthusiastic advocacy of tee-totalism.

*Climate*, which influences so powerfully our general sanatorial condition, exerts an especial control over the generative system. To illustrate this I may state that in Lapland and other extreme northern latitudes, women do not menstruate until the twentieth year; while at Japan, females are married and are pregnant at nine or ten years of age. The few remarks I may find it necessary to make on this influence will be restricted to its effects on Europeans who have experienced the vicissitudes of foreign and enervating climates.

When an European first arrives in India, he is generally in the highest state of plethora. He immediately commences with a stimulating diet, and an attack of inflammation follows. On convalescence, the same diet is renewed, and he arrives in the upper provinces in "*high condition*;" luxurious habits are here acquired, not in the least conducive to health; the system, both vascular and nervous, is under a constant state of excitement from the continued in-pouring of nutriment, stimulation, and high temperature; and he labours under plethora from *repletion*, as well as plethora from *diminished secretion*. Should he survive the repeated attacks

to which he is liable, his constitution becomes enfeebled, his appetite impaired, his energies diminished, the secretions and excretions scanty, and the skin dark, harsh, and dry; and in the end, he is either "the dried-up Indian," with habits and constitution scarcely adapted to his native land; or, should his constitution still remain of the plethoric tendency, he is gross, corpulent, and flabby. Neither of these conditions are in the least favourable to conjugal enjoyment; and the Anglo-Indian, after amassing a fortune, finds himself deprived of offspring, although nursed by a wife. The numerous bilious and dejected countenances which may be observed amongst the residents of those towns held in estimation for the curative properties of their waters, particularly Bath and Cheltenham, have this care preying heavily upon them. Their very disorder—the impaired function of the liver—aggravates it, inasmuch as it excites desire and destroys ability—"cogit amare jecur;" and men whose years do not absolutely forbid them procreating offspring, are doomed to drag on a cheerless existence, perhaps unloved, uncared for by any other tie than lucre.

The influence which the *Mind* exerts over our functions is universal; it banishes sleep, it destroys digestion, it increases the heart's action; in a moment of time it can lay prostrate the strength of the stoutest frame. To regulate and control the mind and its faculties, which are the proud attributes of man alone, is the imperative duty of us all; upon this depends our chief hope of peace and health. Justly does Iago exclaim, "Our bodies are our gardens, to the which our wills are gardeners—either to have it sterile with idleness, or manned with industry. The power and corrigible authority of this lies in our wills. If the balance of our lives had not one scale of reason to poise another of sensuality, the



blood and baseness of our natures would conduct us to the most preposterous conclusions." It is not, however, the influence of the Mind, which would speedily carry us into the mazes of Metaphysics, but the influence of *mental emotion*, which I propose briefly to consider in reference to the puissance of man. The passions, in their intensity, are all inimical to potency: *Fear* takes away the ability and the desire; the fear of being unable satisfactorily to consummate the act, quickly deprives the individual of what power he may possess; but this fear having been once overcome, seldom returns; *Hatred* and *Indifference* towards the object, I need scarcely say, are opponents; *Jealousy* mars the power; *Love*, intense Love—for love is more nearly allied to *Devotion* than is generally admitted—acts in like manner. *Excess in Desire* is another impediment readily accounted for by the great excitement which the whole frame undergoes from *anticipation*, so that *exhaustion* may succeed excitement. Unremitting *Study*, *Grief*, the *Cares* of business, and those perturbations of the mind which may be classed under *Anxiety*, are all adverse.

I could go on enumerating causes and effects, in relation to the present subject, without end; and although they might not be considered strictly to come under the notice of the physician, still the advice, the consolation, the comfort he could afford, might be, to those requiring such, of inestimable value,—for the duty of a professional adviser does not terminate when he has prescribed a few necessary drugs; he should be,—and I am proud of my profession when I say he is,—the *friend*, as well as the physician, of those who seek his aid.

EMPIRICS AND IRREGULAR PRACTITIONERS.—In reciting the effects of Spermatorrhœa, I must not omit to refer to the injury inflicted on the health, peace, and



purse of the unwary, by those disreputable adventurers who are permitted to batten and wallow in ill-gotten wealth, by the supineness of the authorities, and the facilities afforded by a portion of the public press. "Folly and knavery have prevailed most where they should be tolerated least, and presumption has been excused most where diffidence and candour are on many accounts the most necessary."\* The mass of information I have in my possession, obtained through the sources mentioned in the Preface, would enable me to write a volume on the iniquitous doings of "Advertising Quacks." It is gratifying to know that the exposures detailed in the PEOPLE'S MEDICAL JOURNAL checked, to a great extent, their sphere of mischief; and since the discontinuance of that periodical, my efforts have been most ably followed up by the Editor of the "*Weekly Dispatch*," and more recently by the "*Medical Circular*." As, however, the latter addresses itself especially to the Profession, and not to the general public, its usefulness has been more restricted.

There is something heart-sickening in dwelling upon the wretchedness and anguish caused by these harpies. The extent of their ignorance and rapacity would scarcely obtain credit, were not the proof patent to us all. In July, 1853, an action was tried for libel: the defendant had published a book in which he asserted that the plaintiff obtained a bond for £1,000 from a patient, payable on the latter coming of age; the strictures of the defendant included other charges of mal-practice, for which the plaintiff sought damages; the defendant, in his plea, "alleged the truth of the libel;" the judge summed up, and "the jury almost instantly returned a

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\* Bolingbroke.

verdict for the plaintiff—DAMAGES, *one farthing*.”—Truth, in law, being a libel, forbids a more personal denunciation of the creatures who have made the infirmities of humanity the source of their extorted gains.

The two following letters give a *bona fide* history of the cases to which they refer; the first, from a surgeon, appeared in the *Medical Times*; the second was published in the *People's Medical Journal*:-

“Having, for some time past, a young gentleman under my care, with ‘hæmoptysis,’ and the symptoms yielding to the treatment adopted, he returned to his paternal home, viz., Plaistow, for a few weeks. Recovery was slow; but from the effects of a fright, the hæmorrhage returned. This was caused thus: the young gentleman called upon a Mister —— of advertising celebrity, who asked his name? and, on hearing, said, ‘You must pay me a pound.’ It was done.—‘Who previously attended you?’ Answered. ‘Young man; you’ll die; but I can save you:—What money have you got about you?’ The young man took out the silver he had, viz., 10s.; it was seized with the remark, ‘You must bring me £9. 10. 0 more by three o’clock, or five o’clock at farthest, without fail.’ The young man then left the house, and has been seriously indisposed since. I have been also informed of a similar case, where the young man allowed £4 to be taken from him by the ‘advertising doctor,’ through fear alone.”

To this the editor of the *Medical Times* adds:—“We fear nothing can be done with the demoralising and murderous empiric. Even exposure is no punishment, for a change of name is as easy to such fellows as a change of garment. They will continue doing mischief as long as the law is as it is, and the press opens its columns to their filthy advertisements.”

The second letter, addressed to me whilst Editor of the *People's Medical Journal*, runs thus:—

“Some days since I received a note from an old, but somewhat dissipated friend, dated from Lazarus Ward, St. Thomas’ Hospital,

begging me in the most pathetic terms to call and see him. \* \* \* It was not long before I was acquainted with my friend's story. Having fallen into temptation, he soon discovered the leprosy of sin in his whole system. At first he was inclined to think he could master the disease by his own endeavours; but in this he was speedily undeceived, and was induced, from reading the high-flown advertisements of certain Messrs. —, to pay those *gentlemen* a visit. From that moment his ruin in purse and person was fairly commenced. At the first interview the 'doctor' told him he had 'just come in time, another day might have rendered his cure impossible,' and so forth; and before my friend left the house, he had purchased a five-guinea case of the 'Celebrated Balm of —,' and felt himself well again by anticipation. But he was cruelly deceived. Bottle after bottle, and guinea after guinea, disappeared; and, instead of getting better, he was rapidly approaching a state of disease that was fearful to behold. At last, after paying upwards of £30, he began to suspect the prudence of his present course and the ability of his 'doctor;' so, on his next visit, he hinted that he was not quite satisfied with the mode of treatment adopted; and then, and not till then, the true character of the charlatan came out. 'My dear sir,' replied this *respectable practitioner*, 'if you are not satisfied with me, I shall be happy to write to your parents and consult with your family physician.' The youth was thunder-struck. In the simplicity of his heart he had told the quack his unwillingness to expose his state to his friends; and now, when his means were almost exhausted, this threat was his only consolation. I cannot describe to you his state of mind. Weakened by disease, and excited almost beyond endurance by this villanous suggestion, he was almost inclined to put an end to his existence, when he chanced to meet an old servant of his family, to whom he confided the secret of his condition. This faithful fellow advised him to get into one of the hospitals, and undertook to obtain for him the necessary credentials, &c., &c."

The reader who has gone with me thus far, may, I fear, consider I am an alarmist—may even suppose I have painted an exaggerated picture. This would be opposed to my intention, opposed to my nature; for I

would ever look at the brightest side of every event; *coleur de rose* is more pleasing than jaundiced saffron. I do not assert that all these effects must, or may be, centred in one individual; neither do I say he must of necessity suffer one of them; but the invalid from Spermatorrhœa will know, by his own symptoms, by the premonitory hints his frame has already received, that his liability to disease and misery has not been magnified. To mitigate and dispel any saddening impressions that may arise, I say, with confidence and with sincerity, that all the symptoms I have recited may be removed, all the effects may be remedied, by resolution and perseverance on the part of the patient, judgment and practical direction on the part of his physician. To the most exhausted and depressed invalid I would, in good faith and in honest candour, say, Cheer up! and the time will come when you may exclaim, with Benedick, "The world must be peopled. When I said I would die a bachelor, I did not think I should live till I were married."

### THE TREATMENT OF SPERMATORRHŒA.

The first and most important object to be gained depends entirely upon the patient himself: it is, to remove the *cause* of his infirmity. Hence, moral restraint, confirmed by the most determined resolution, is imperative. After this is insured we may commence with confidence the medical treatment for the renovation of those encroachments which have been made upon the constitution:—and these are the indications to guide us,—to remove local disease and derangement; to lessen the irritable state of the nervous system; and to reinvigorate the general health.

I repeat my argument on Spermatorrhœa: it is a disease of irritability and debility. First, the testicle is irritated and its function called into too frequent action; the consequence of which is, that it cannot manufacture a healthy secretion, and what it does manufacture is impoverished, glairy, and acrid; this acrid secretion, arriving at the seminal reservoirs, stimulates them by its irritating quality; hence they, like any other organ holding within it obnoxious matters, feel a necessity of voiding their contents. This constant necessity weakens and relaxes the ejaculatory ducts, and they become debilitated and incapable of affording a natural resistance to the escape of the fluid contained within them.

Such being the local disturbance, we must first subdue the irritation, and afterwards give a healthy tone and vigour to the heretofore debilitated parts.

It is six years since I first commenced the local treatment which I now adopt. I have used much caution, and would not too hastily proclaim the value of the practice; but now, fortified by a large experience in severe and long-continued cases, I do not hesitate to give publicity to the confidence I have in what I may be pardoned in calling a discovery; but this discovery is so simple, its *modus operandi* so physiologically and therapeutically correct, that I hope to carry with me the conviction of my readers, as I have already carried that of between four and five hundred patients, to whom I have, verbally or by letter, explained my views, and who have successfully adopted them.

With the intention of soothing the parts and allaying irritation, I direct the application of remedies that have this power as near to the seat of irritability as may be possible. The mode by which this is effected is, either

by sedative lotions applied to the perenæum by means of spongio-piline, sponge, or folds of flannel; or by anointing the perenæum with soothing unguents; or by the introduction of Suppositories. The beneficial action is obtained by absorption,—the absorbent vessels taking up and applying, where wanted, the curative properties of the remedy. In like manner is a deep-seated boil or tumour soothed and arrested in its progress by a modification of similar means.

The character and manner of applying a lotion, or an ointment, will be readily comprehended. A brief explanation of the Suppository, however, may be required.

SUPPOSITORIES are medicated substances introduced into the rectum. The rectum is the last portion of the lower intestines, terminating at the anus, or fundament: it is situated immediately beneath, and in close contact with, the prostatic portion of the urethra, the seat of disease in *Spermatorrhœa*. The Suppositories I prescribe are of a conical shape, in size and form closely resembling that of an ordinary fumigating pastile, about three quarters of an inch in length, and two scruples in weight: the basis of these is the concrete oil of cocoa, one of the most emollient substances known, in which is well incorporated the remedy I desire to employ. One Suppository is directed to be introduced into the rectum every night; there it gradually dissolves, the curative properties are absorbed and immediately applied to and around the ejaculatory ducts. The mode of introduction is easy; but, I will admit, the fastidious patient may at first entertain some repugnance to the trifling operation. I assure him it is facile and free from all pain or inconvenience. The way to proceed is this: gently warm the Suppository by holding it in the hand, then



insert the apex into the fundament, and gently press it forwards until it has arrived at a distance equal to the first joint of the fore-finger ; it will then have passed the sphincter muscle of the gut, and will be in close approximation to the seminal ducts, there it will remain in the quiet of sleep, gradually melting away.

In early cases of Spermatorrhœa, the use of twelve or fourteen soothing Suppositories, which I designate No. 1, conjoined with the moral and medical treatment I shall immediately describe, will remove all local irritation : I then direct the use of those which have a tonic and slightly astringent action ; these I distinguish as No. 2 : and I am justified in saying that their constant use for three or four weeks, and after that time their occasional introduction for a like period, will perfectly restore the healthy contractility of the ducts.\*

The following extracts from a case [391] that was under treatment in 1851, express, in the patient's own words, the progress of his recovery under this treatment. April 14 : " We readily believe what we wish, and therefore it is necessary I should be cautious in not over-stating my improvement. I *think* I pass less s. fluid with my evacuations since the use of the Suppository, but if there should be any doubt on that subject, at all events there is none as to the soothing effect it has produced. I feel none of the irritation and throbbing in the parts, so severely complained of in the early

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\* I do not give any formula for preparing the Suppositories : they are all made under my own immediate direction—in fact, the mass is prepared by myself alone, and, by the aid of a machine made expressly for the purpose, they are equally divided and formed into a proper shape : they are then placed in cases of the size, and scarcely exceeding the bulk, of a letter. Each case contains one dozen.



part of our treatment.”—May 28 : “ There is no doubt of their efficacy. I scarcely feel any sensation on passing the Suppository, and not the slightest after it is placed in its position. I find no difference in the use of these (No. 2) ; so that if you think proper to increase the stringent nature of them, the expression of my feeling may be a guide.”—July 1 : “ The parts seem gradually to have strengthened, and instead of each motion forcing a thickish substance of a glutinous nature, I now pass my motions free therefrom, more particularly so within the last six days. I have tested it thus : before going to the closet I have passed my urine in my bed-room—(it is no longer thick and clouded, no sediment, nor has there been any for the last three weeks)—and then passed a motion, tolerably formed too, without even a drop of any thing, or a symptom of it, oozing through the canal, or the slightest sensation of the nature that always previously preceded the ejection of the said glutinous matter. I apprehend, therefore, that the Suppositories have done their work, and may be dismissed ; however, should you entertain a different opinion, and wish me to go on with them, I will.”

I do not advocate the indiscriminate use of Suppositories. I do not adopt a routine practice, but consider every case, as it invariably is, original, differing in some important feature from others which have preceded it. I would advise every patient to have his infirmity treated in reference to himself alone, and to pursue a course of treatment indicated by the past and existing condition of his individual case. In some instances Suppositories would be hurtful, in others unnecessary. Again, there may be an insurmountable objection to their use : we then may obtain an equal amount of

benefit, but more tardily, by the external application of soothing and bracing lotions and unguents.

I now approach an ungracious part of my duty. I have to impugn the terrific operation of *cauterization*. Some nine or ten years since, M. Lallemand promulgated his theory and treatment of *Spermatorrhœa*, which has been pursued in this country by two or three physicians of fame, one of notoriety, and several irregular practitioners. Lallemand proposes to apply the nitrate of silver—lunar caustic—to the open mouths of the seminal ducts in the prostatic portion of the urethra by means of a “*porte caustique*,” which is a catheter permitting at its extremity the exit of a stilette armed with caustic. This *porte caustique* is passed into the urethra; and when the operator supposes—he can only suppose—its point to be where he supposes the open mouths of the ducts may be, he then screws the stilette, and allows, as he supposes, the caustic to rest upon, to paint, to cauterize, the relaxed mouths, and these mouths only. I admit the curative properties of the nitrate of silver; it will cause an unhealthy wound to become healthy; it will excite a healing inflammation, and this inflammation shall pour out a healthy lymph, and this lymph shall heal up, fill up, close the previously separated lips of the wound. I do not deny the possibility of a practised anatomist being able to apply caustic, by means of the *porte caustique*, to the required place; I do not deny that he may do this once in one hundred trials. But I do deny that caustic is a proper remedy in *Spermatorrhœa*. I do deny that every man who professes to cauterize can perform the delicate operation. Caustic is not a proper remedy:—we have irritation to contend with. If there be a grit of lime in

the eye, will caustic lessen the pain? will it remove the cause of the agony? will it arrest the flow of tears? I apprehend not. Cauterization is a difficult operation: it is a difficult task to apply an instrument to the minute opening of the Eustachian tube, which passes from the internal ear to the back part of the mouth; the operator here has the advantage of sight and touch, nevertheless he is a skilful man who can accomplish his object with ease and certainty. How much more difficult must it be to touch the still more minute openings of the seminal ducts,—and mark, these mouths only,—where neither sight nor feeling can guide him. Moreover, I do not hesitate to say that some poor creatures have been “operated” on by persons who never saw, certainly never dissected, the human genito-urinary apparatus, and whose only knowledge of the existence of such openings has been gained from drawings and wax preparations which they keep to alarm the misguided persons who see them.

Now, let us take it for granted that cauterization has been successfully performed, and is as successful in its result as the favourer of this fearful practice could desire; let us concede that the Spermatorrhœa is checked, that the pollutions do not occur whilst at the closet, or in urinating, and that involuntary emissions *never* occur; let us admit all these events,—what must happen? The answer is fearful!—occlusion, or closing up of the seminal ducts, and permanent impotence!

I have not yet spoken of the agony caused by the operation. It is, indeed, agony—agony more intense, more persistent, than other and more formidable surgical operations ever create: before the instrument be withdrawn, the patient sometimes faints from intensity of pain; for hours, for days, he dreads making the

slightest movement; the horror of having to pass water is wracking; blood frequently streams away;—oh! 'tis indeed fearful. Severe inflammation of the neck of the bladder is not of rare occurrence; inflammation of the whole mucous lining of the urethra is almost an inevitable result. About four years since, a gentleman called upon me in a state of great excitement; he said he had been tortured, "driven mad," by ———, who, the day previous, had cauterized his urethra. The suffering he endured, twenty-four hours after the operation, was appalling: he writhed in agony. He said he could—and, from the energy of his passion, I have little doubt the would fulfil his promise—"kick the rascal" who had caused him so much misery. Certainly I never saw greater mental and corporeal agony than he endured.

It will be useless reciting the painful history of similar cases. I only add, that I consider cauterization a dangerous and an useless operation; and it is my firm conviction that thousands who have submitted to it have, or will have, cause to bewail the hour when they were thus treated.

I do not stand alone in my reprobation of cauterization. "I have seen," says Dr. Golding Bird, "the most distressing results follow the local application of the lunar caustic in the treatment of presumed Spermatorrhœa. As an example, I had under my care a case of intense cystitis (inflammation of the bladder), occurring in the person of a previously healthy young farmer, who, being about to be married, began to be anxious on account of his observing an involuntary emission once in five or six weeks. His attention was arrested by one of the advertisements which too often disgrace our daily papers. He came up to town, consulted the quack,

whose name he had then discovered. He was declared to be impotent—the nitrate of silver was applied, and the result was cystitis, which has placed his life in peril.”

As an example of the ignorance of some of the gentry who profess “inviolable secrecy,” &c., I have learnt from several of their victims that they direct astringent and other injections to be used, by means of a common syringe. This is simply ridiculous: not any injection, however curative, could be thus thrown up the passage so far as to reach the seminal ducts. Of the danger of the practice, I need not dilate.

In addition to the means to which I have already alluded, the local treatment should include daily sponging, or dashing the lower part of the body with cold water, and after this the use of a coarse towel, flesh-brush, or horse-hair gloves, should be continued until a healthful glow is excited. The condition of the skin of the whole body is of essential importance to the recovery of health and stamina; the body-linen should be changed often, and that worn during the day ought not to be worn during sleep; on arising, a good “grooming,” if I may thus apply the word, with a Baden-Baden towel—coarse huckaback—or flesh-brush, affords an amount of vigour and comfort that will amply repay even an indolent man for the trouble. A warm, tepid, or cold bath may be used with great advantage once in every ten or fourteen days, the temperature being regulated by the condition of each patient and the season of the year; care should at all times be used to avoid giving the system any great shock.

In some instances a suspensory bandage is indispensable; in all it is a simple means of affording great com-

fort and quiet to the organs implicated. The bandage, to be of service, should be a good one, easy of application, and well-fitting: the "purse" should be of netted silk, and capable of giving support without the least pressure.

In all cases there is greater or less derangement of the organs of digestion, and this must be amended before we can expect any advantage from our special treatment. It is an unfortunate error when patients cry out for "strengthening medicines," whilst the stomach is unfit to receive them. It is constantly said—"I have been taking quinine, or iron, for so many weeks, and yet I am worse and weaker than I was!" The state of the digestive organs, even as indicated by the coated and flabby tongue, tells the cause. First, then, we have to improve the digestion by gently exciting the secretion of the liver, allaying the irritability of the stomach, and inducing one, at least, free evacuation of the bowels daily; all violent purges are improper—in fact, it is always better to persuade the bowels to act, than to force them. It is of great importance that the evacuations should pass without any straining,\* neither should the lower intestine be distended by a "formed" or constipated evacuation. When the stomach has regained its healthy action we may commence with a light vegetable tonic, as cascarrilla, calumba, or chiretta, preparatory to more vigorous treatment with decided and special tonics. The diet should be plain, dry, and nutritious; animal food, consisting only of mutton, beef, game, and white poultry, may be taken once or twice a day, according to the habits and appetite; cooked green vegetables should be eaten very sparingly; slops, broths, and soups are improper, inasmuch as they distend the stomach with a

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\* Vide page 18.



flatulent material, of doubtful nutrition, and take away the zest for more profitable food : for a like reason, pastry and new bread are hurtful. Fluids of all kinds should be drunk in moderation, and never taken hot : that temperature known as lukewarm is the best. Tea and coffee are, in many cases, objectionable : tea sometimes produces excitement followed by restlessness, and coffee is, as it is popularly and properly termed, "heating:" when tea is drank, plain black Congou is to be preferred. A wholesome morning meal may be made from a porridge prepared with good Scotch oatmeal. Stimulating drinks are improper ; spirits, in all instances, are hurtful ; one or two glasses of wine may be taken, if demanded by the previous habits of the patient, provided wine does not induce any acidity, or excitement ; a pale, dry sherry will invariably be the best. As a general beverage, the pale ales of Allsop or Bass are the most proper, but the quantity should not exceed a pint during the day. Walking exercise ought to be persisted in daily ; an amount of exercise producing fatigue, not exhaustion, is the best prescription for a good night's rest, as well as being a great "strength-giver." Horse exercise is hurtful, and when compelled to ride, the patient should wear a suspensory bandage

The mind must be maintained as hopeful as possible, all melancholy forebodings banished, and in cheerful, congenial society, "self" should be forgotten. It is difficult to "minister to a mind diseased ;" and this too often is a most urgent demand on the physician's office. It sometimes occurs that the invalid is borne down by remorse ; this is futile. Let hope banish vain regrets ; let the past be considered as a lesson of instruction, not as a sentence of despair. Every circumstance probable to recal to remembrance past folly should be



shunned ; light, pleasing amusement courted : the standard works on natural philosophy, and those of our best dramatists and novelists, may, with advantage, occupy much of the leisure time. In how many instances has the wish of the immortal Scott been realized ? he prays that the perusal of his works “ may succeed in amusing hours of relaxation, or relieving those of languor, pain, or anxiety.”

The exercises of the mind and those of the body should be so regulated that the one may serve as a reaction to the other.

Under this local and general treatment the pollutions will gradually and permanently diminish ; the nervous irritability will subside ; and we may then pursue the special treatment, which will render the invalid “ a new man.”

It is as impossible as it would be dangerous to direct one specific treatment to be adopted in all cases ; it is rare indeed that the same remedy in the same doses, even for the same malady, can be beneficial to persons of different temperaments, different constitutions, different habits, and different ages. The preparations of iron and quinine, either separate or combined, are amongst the most valuable remedies, but it is not every patient who can take them with advantage, as they may prove too exciting, and induce some degree of fever ; the oxide of zinc combined with the extract of conium is frequently of great benefit ; from strichnia, prescribed in the *most minute doses*, I have observed the most happy results. When the vigour of the sexual organs does not keep pace with the improved strength of the body, we may then cautiously administer remedies which have a direct stimulating action ; medicines having this property, aphrodisiacs, demand most careful watching, and their

indiscriminate admixture in quack "Cordials" has produced dangerous effects.

I am not an advocate for that system of "over-drugging" an unfortunate patient, which is too prevalent amongst practitioners in England; it has long been my opinion, which every day's experience confirms, that greater benefit may be derived from a small proportion of medicine judiciously prescribed, that will at once attack the *root* of disease, than by the exhibition of repeated and nauseous draughts, mixtures, powders, and pills, which act only upon *symptoms* of the real disorder. With care, medicines may be so prescribed as to combine activity and efficacy with smallness of quantity; and, as far as taste is concerned, it may be so disguised as not to annoy the most fastidious palate.

Having placed his case under proper and qualified professional supervision, the patient should have that confidence in the ability and integrity of his physician to justify and encourage him in following implicitly the instructions for his cure which he may from time to time receive; he must not

"bate a jot

Of heart or hope, but still bear up and steer right onward."

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The maladies on which this work treats are, with reason, considered so strictly secret, and the sorrows they entail so sacredly private, that many, from delicacy, perhaps natural, but certainly dangerous, and a morbid sensibility to doubt and suspicion, allow disease to extend its ravages, rather than disclose their infirmities to a medical practitioner. Many there are who would prefer *writing*, in the quiet of their own chamber, an account of evils inflicted by themselves in moments of

passion or of folly, rather than *recite* them to a stranger, or, what in some cases is more acutely distressing, to a professional acquaintance; many there are who, from their avocations or distant residence, are unable to seek an interview with the physician who may have gained their confidence; and many there are to whom the suspicion of requiring his aid might be detrimental. To such it has been my practice, for many years, to forward, after receiving an outline of the case, such questions as will enable the correspondent in his reply to describe his past and present condition with the most minute accuracy. I do not undervalue the importance of a personal examination, but with care on the part of the patient, giving plain answers to plain questions, and using the test papers as I direct, the necessity of personal attendance may be obviated.

To those who may desire to consult the Author personally, he begs to intimate that he is at home every day until One o'clock; and on the Evenings of Monday, Wednesday, and Friday, from Seven until Nine.

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## GLOSSARY.

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I find there are a few technical words in the foregoing pages that I have not explained in the text: I now do so:—

DYSPEPSIA.—Indigestion.

ENEMATA.—Glysters.——ENEMA.—Glyster, lavement.

FOLLICLE.—Literally, a little bag; a very minute secreting cavity.

ISCHIUM.—The hip bone.

PERENÆUM.—The inferior part of the trunk of the body, situate between the base of the penis and the fundament.

PHTHISIS.—Consumption; Decline.

PLACEBO.—Any medicine given to please or quiet the patient.

PUBES.—Literally, covered with hair; the parts immediately above the organs of generation.

SEBACEOUS.—Suety; *follicles* which secrete a peculiar oily matter.

SPHINCTER.—A muscle, whose office is to close an aperture around which it is placed.

TENESMUS.—Straining; painful and perpetual urgency to evacuate the bowels.











